THE CRAZY WISDOM COMMUNITY JOURNAL

Issue No. 25

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
JANUARY THROUGH APRIL 2004

Local Healer and Herbalist Linda Feldt,
Author of the New Cookbook, *Spinach and Beyond*

The Yoga Room

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Christy DeBurton is a certified and registered interdisciplinary yoga teacher who has received training from the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has been teaching yoga since 1998.

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Enjoy Poetry Readings Every Wednesday Night in the Tea Room

Welcome 2004 with a new approach, combining:
Featured Writers!
Emerging Writers!
Workshops!
Community Readings!

January 14: A Reading by Students of Greenhills School
January 21: A Poetry Reading by Kelly Allen (*open reading to follow*)
January 28: A Poetry Reading by Keith Taylor
February 4: Workshop: Writing Love Poems (*open reading to follow*)
February 11: A Poetry Reading by Raymond McDaniel
February 18: Open Poetry Reading
February 25: A Poetry Reading by Bob Barnett (*open reading to follow*)
March 3: A Poetry Reading by Peter Sparling (*open reading to follow*)
March 10: A Poetry Reading by Jan Worth
March 17: Workshop and presentation: Irish Women Poets and Tagmemics
March 24: A Poetry Reading with author to be announced
March 31: A Poetry Reading by M.L. Liebler
April 7: A Reading by UM College Creative Writers
April 14: Open poetry reading and celebration of National Poetry Month
April 21: A Poetry Reading by Terry Blackhawk
April 28: A Workshop on Books and Publishing

All events begin at 7:00pm
Sign-up for all open readings starts at 6:30pm

All events free!! All are welcome!!
Questions? Comments? email: crazywisdomreadings@yahoo.com

Brenda Morgan, PhD
Spiritual Catalyst & Mentor

Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. She shares this in a simple manner through various public gatherings and meditations, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work. She continually explores how to communicate this transformation with others who, like herself, have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

A GATHERING IN SPIRIT

Evening Meditation & Dialogue for the General Public
January 29th and March 18th
7 - 8:15pm Love Offering

Friday Evening Spiritual Seminars & Meditation
February 20th "Spiritual Awakening & Cultural Distractions"
April 16th "Keeping The Peace-vs-Being Peace"
7 - 9pm $35 / person

One Day Spiritual Intensive/Retreats & Meditation
February 21st and April 17th
9am - 4pm $85 / person

ALL EVENTS
HELD AT FRIENDS MEETING HOUSE
1420 Hill Street, Ann Arbor, MI
For pre-registration, further information, flyers:
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ESOTERIC HEALING

(a miracle story)

" I brought my two and a half year old son, Cole, to Laurie Akerros because he suffered from a serious seizure disorder. Cole's doctors had tried a multitude of medications, but despite being on a combination of four medicines, Cole continued to suffer with strong seizures on a daily basis. He had no eye contact with us, could not speak, and wouldn't interact with others. He spent the majority of his time walking in circles on his toes, or rocking back and forth.

After only three months of weekly esoteric healing sessions with Laurie, he's had incredible changes. Cole is now completely off medications! His eyes are so much clearer, and he has eye contact with us now. He is so much more at peace. . . he no longer paces in circles, or rocks back and forth. His seizures are much less frequent, and when he does have a seizure, they are shorter in duration and are far less intense. Cole is now interacting with others, and is working with the building blocks of speech, enthusiastically making mimicking sounds and animated gestures with us.

Laurie has given me a glimpse of the boy that I knew was in there, but could not reach. My bringing Cole to Laurie for esoteric healing was the best thing I could have done for him. It has given our family a new sense of hope for our son's future. The shifts are a miracle! "

Lisa Deasley (Plymouth, Michigan)

The energy field surrounds and permeates all living beings. The existence of the energy field and its use in healing has been known for thousands of years, especially in Egypt, India, and China. It is only recently, however, that modern western science has realized its significance. A disturbance in the flow of this energy field results in a state of compromised health; physically, emotionally, mentally, and spiritually.

Laurie brings over twenty five years of training and experience to her healing practice in Ann Arbor, Michigan. Her interest in consciousness and spirituality is a lifelong pursuit. Laurie is a member of the INTERNATIONAL NETWORK OF ESOTERIC HEALING worldwide teacher group, and for over two decades has been practicing holistic healing, including cranial sacral therapy, and massage therapy/ bodywork, vibrational essence therapies, and esoteric healing.

Laurie teaches esoteric healing classes in the United States and Canada. ANYONE can learn esoteric healing. It is wonderful to offer to our families and friends. Laurie's esoteric healing clients have experienced relief from:

Depression
Headaches
Stress and tension
Sleep problems
Multiple Sclerosis
Seizure Disorder

Esoteric classes – 2004
Level 1 February 6-8
Level 2 April 1-4
Level 3 Sept. 16-19

734 – 995- 2719
FOR APPOINTMENTS
INFORMATION ABOUT ESOTERIC HEALING CLASSES
www.esotericenergyhealing.com
LAURIE AKERROS, B.A., M.A., L.M.T.

What's New in the Community

By Sarah Daher

This regular column will highlight events and news significant to our Ann Arbor community, including relevant subjects of a holistic, spiritual, ecological, psychological, alternative nature and otherwise interesting to folks like ourselves.

On October 26, 2003, the day of Gehlek Rimpoche's birthday, the **Jewel Heart Health Center and Community Hospice** celebrated its opening with a benefit concert and brunch at Kerrytown Concert Hall. The Health Center and Community Hospice is a new non-profit organization and is not funded by Jewel Heart Tibetan Buddhist Center, but is affiliated in the sense that Jewel Heart members are spearheading this important project. Also, Jewel Heart Tibetan Buddhist Center has recently undergone fairly extensive renovation by a crew of volunteers in the meditation hall/meeting room. Visit to see their hard work!

The 17th **Annual** Reverend Dr. **Martin Luther King** Jr. **Symposium** at University of Michigan will be held on January 19, 2004 at Hill Auditorium. The keynote speaker this year will be Lani Guinier, Professor of Law of Harvard Law School. For more information, call Office of Academic Multicultural Initiatives at 936-1055.

Barbara Brodsky, of Deep Spring Center, has published her book ***Presence, Kindness, and Freedom***. A teacher of insight meditation and channel for Aaron, Barbara's book is an accessible and lovely compilation of some of Aaron's teachings on truth, love and awareness.

For those of you who love theatre, particularly contemporary work, check out **Performance Network**. They have been around for years, but we really appreciate their talent and fortunately they're located right downtown. Ticket prices are reasonable, and they also offer matinees. They typically produce one show per month. Call them at 663-0681.

Have you heard? Crain's Detroit Business recognized **Ozone House** in Ann Arbor as the "Best Nonprofit of 2002 with a budget of less than $3 million." We all appreciate the work they do there for young folks and families. Their phone is 662-2265. Other nonprofit news: **Domestic Violence Project Safehouse** will be assuming responsibilities that were recently held by the Sexual Assault Crisis Center, a major expansion of Safehouse mission and services. Barbara Niess is also their new Executive Director. Their phone is 995-5444.

Restaurant news? I wasn't sure it fit either, but I love Thai food and wanted to check out the new Lotus Thai Restaurant, just opened in November. The atmosphere of Lotus Thai is spare and beautiful, but I have to say I was very unhappy with my meal. Not many choices for vegetarians, and pricey! If you are a meat eater, I'd love to hear about your dining experience there. Maybe they don't cater to vegetarians. I will say that the customer service was very friendly and attentive. Located just out of town on Oak Valley near OfficeMax and Target. Their phone is 668-2828.

After Chetana Catherine Florida's unexpected death last April, we wondered how **The Lighthouse Center** in Whitmore Lake was doing. They now have two co-presidents: Adinath Mark Hutton and Nirmala Nancy Hanke. All of their ongoing services have continued, including the weekly Sunday evening candlelight and healing ceremony, an intensive meditation evening twice per month, as well as regular classes in meditation, numerology and astrology. They also offer special evenings and celebratory events. Chetana's hope was that they could continue to work together harmoniously and it seems The Lighthouse Center is doing beautifully.

If you have news of interesting goings-on around town involving organizations, businesses or individuals, and would like to be included in our column, please bring in or send information to me (Sarah Daher) at the store. My email address is sarah@crazywisdom.net. Thanks!!

Photo by Linda Lawson

Gehlek Rimpoche playing chess.

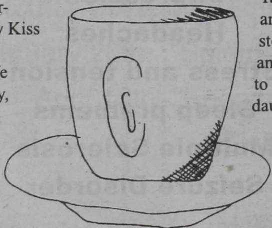
Artwork by David Raznick

Artists Wanted

Crazy Wisdom Bookstore is looking for submissions from local artists for artwork to appear in the Crazy Wisdom Community Journal, as well as submissions of poetry. Subjects should be relevant to the store and our community, and line drawings or work that reproduces well will be preferred. If you are interested, please ask for or phone Sarah Daher at the store, 734-665-2757. Email: sarah@crazywisdom.net

What's New at Crazy Wisdom!

Kama Sutra Body Products
We now carry an expanded line of beautiful products by Kama Sutra, body products intended to "contribute immeasurably to The Adventure of Lovemaking". The packaging is lovely and exotic and the products are meant to tingle and tantalize, soothe and seduce, refresh and renew. We carry the Oils of Love - edible, water-based oils that taste and smell wonderful, in Chocolate Mint, Raspberry Kiss and The Original. The Massage Oils are silky, smooth and infused with aromatic botanicals, and guide a lover's hands in the art of massage. We also carry Honey Dust, an edible powder made from pure, natural honey, one of India's most prized skin conditioners. It leaves a silky glow, a delicate fragrance and an irrestible taste. More than anything, these items incite the senses in subtle as well as overtly sensual ways, helping to make love better.


Artwork by Sarah Daher

Feng Shui Lucky Cats
Traditionally and originally from Japan, these cats are considered good and great fortune for those desiring luck and prosperity. Often seen in Japanese restaurants to enhance success, these sweet playful cats may have their left hands raised to help attract wealth energy. If seen with a family of kittens, they represent guardians of wealth and prosperity for your family. The cats from Osaka, Japan may hold crystal balls, each bringing different fortune for love, career or health. Also called a "beckoning cat," this statuary may be brightly painted ceramic or rosewood resin, particularly if coming from China, and are often made in the form of a bank to hold good luck coins. They are a delightfully sweet and traditional way to increase prosperity (and a playful spirit) in your surroundings.

Odds Bodkin Storytelling Audio Tapes
These stories are wonderful and perfect for children as well as their parents. I love The Teacup Fairy: Very Old Tales for Very Young Children as well as Wise Little Girl: Tales of the Feminine. Bodkin creates all the voices and plays all the music and sound effects himself. His 12-string guitar is tender and beautiful - a storyteller in itself. An enthusiastic and involved award-winning storyteller and author with a Celtic bent, Bodkin is lively and compelling. We're so happy to carry several of his pieces. A perfect accompaniment to car travel. My daughter loves them, too! Appropriate for ages 3 and up.

Chinese Yixing Teaware
Although not new to the Crazy Wisdom Tearoom, I've just become aware of the beauty of this traditionally designed teaware. Made of unglazed ceramic, each teapot and cup maintains its natural clay color from gray to brown to blue, and is often delicately handpainted with blossoms, foliage, dragons or other ancient design. They range in appearance from spare, minimalist design to elaborate animal shapes. I believed these pots were solely collectibles because of their fine aesthetics and lack of glaze, but this teaware is very functional and has been used in China for centuries. It is recommended to brew only one type of tea per pot because the unglazed clay begins to take on the color and taste of the tea, although our manager prefers to use her pot to make several types of tea, creating her own unique flavor with each brewing. Although the sets may seem small in size, these pieces have actually been enlarged for tea lovers in this country. Delightful to use and lovely in your kitchen, Yizing teaware is a delicate pleasure to use, enhancing the contemplative experience of each warming cup of tea.

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The **deadline for free calendar submissions** for the May thru August 2004 issue is **Wednesday, March 24th**, and the **deadline for paid advertising is Wednesday, April 14th.** The issue will be distributed starting April 23rd. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and are available at more than 30 locations around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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This issue of **The Crazy Wisdom Community Journal** was edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Photography Editor: Linda Lawson. Cover Design: Molly Nuzzo. Poetry and Art Editor: Sarah Daher. For advertising info, contact Sarah Daher at Crazy Wisdom. Writers: Claire Crevey, Petula Curry, Sarah Daher, Lucinda Kurtz, Matruka Sherman, and Helen Slomovits.

The quotes used in the calendar section were mostly found in the books: *Zen Cats* by Adler and Coughlin, and *Sunbeams*, by Sy Safransky – they're available at Crazy Wisdom.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Calendar Highlights for January - April 2004

1) **Lani Guinier at the Martin Luther King Day Symposium**
January 19 — (See Politics)
2) **The Crazy Wisdom Salon** –
Jan. 15, Feb. 17, Mar. 16, April 20 — (See Ad on Page 44)
3) **Keith Taylor reads his poetry at Crazy Wisdom**
January 28 – (See Poetry Section, and Ad on Page 2)
4) **Iyanla Vanzant speaks at Renaissance Unity**
January 29 — (See Personal Growth)
5) **Healing Arts Sampler**– February 1
(See Bodywork and Body/Mind Therapies)
6) **Spiritual Music Concert with Anna Hernandez, Author of *The Sacred Art of Chant***
February 8 — (See Music & Sound)
7) **Special Book Talk by Local Author Barbara Brodsky in the Crazy Wisdom Tea Room** – February 14
(See Spiritual Development Section, and Book Excerpts on Page 10)
8) **Poetry Reading by Peter Sparling at Crazy Wisdom**
March 3 - (See Poetry Section, and Ad on Page 2)
9) **Dr. Waynonaha Two Worlds in Ann Arbor**
March 12-14 - (See Native American)
10) **Astrology Mini-Sampler**
March 21 - (See Astrology)
11) **Poetry Reading by M. L. Liebler**
March 28 - (See Poetry Section, and Ad on Page 2)
12) **Native American Flutist Carlos Nakai in Concert**
April 5 - (See Music & Sound)
13) **Author Bill McKibben at Shaman Drum**
April 21 – (See Author Receptions)
14) **Women and Bear Medicine Intensive**
April 22-25 – (See Shamanism)
15) **Ann Arbor Book Festival** - April 22-25 –
(See Ceremonies and Festivals Section, and Ad on Page 12)

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You are invited to join one of my Winter workshops
(See the Crazy Wisdom Calendar listings for dates & details):

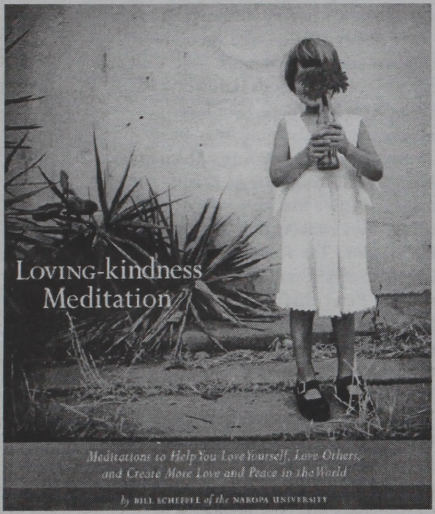
Writing as Spiritual Practice
The Artist's Way
Deepening Your Artist's Way Journey
Write Now: Expressing Your Creative Voice
Do It Now: Manifesting Your Dreams
Mothering as a Spiritual Journey

Phone: 734.665.4577
E-Mail: jillblixt@aol.com

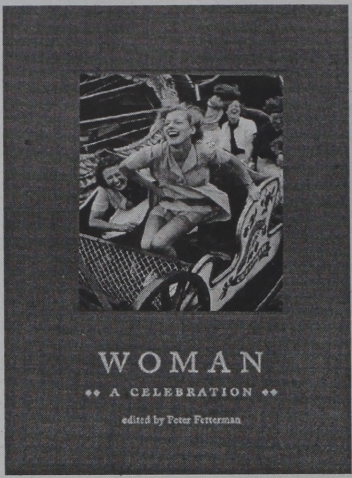
Jill Blixt
CREATIVITY COACHING

Book and Music Reviews

By Sarah Daher


Loving-kindness Meditation
Meditations to Help You Love Yourself, Love Others, and Create More Love and Peace in the World
by Bill Scheffel of the Naropa University

One of the loveliest books I've seen at the store recently is the new Loving-kindness Meditation: Meditations to Help You Love Yourself, Love Others, and Create More Love and Peace in the World by Bill Scheffel, a writer and teacher at the Naropa Institute. It's a simple and very accessible introduction to the traditional Buddhist meditation practice of loving-kindness - the art and practice of loving yourself and all beings with compassion and sincerity. Scheffel's inspiration comes from his teacher, Chogyam Trungpa Rinpoche. Each page includes brief thoughts or meditations on the practice of loving, mirrored by beautiful colored photographs. The photos seem unrelated to the paragraphs and poems included, but actually, the images are entirely absorbing, somehow embodying the passages. Scheffel writes about the state of calm abiding, and that's just what I felt when reading and looking through this book. The wisdom contained may seem watered down by some because of its mainstream aesthetic appeal, but I found it excellently arranged and thoughtfully chosen. This is a wonderful book for any Buddhist practitioner or for anyone interested in maintaining a loving heart and mind (aren't we all?), and would also make a very nice gift. $17.00, published by Fair Winds.

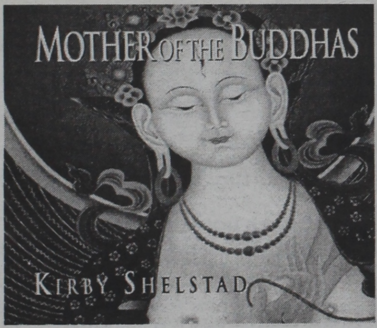


The other new book that I find so beautiful is Woman: A Celebration, edited by Peter Fetterman, art collector and gallery owner. This is such an understated book in its small size and brown linen cover. It's easily overlooked, but once you open the pages, it's hard to put down until you flip through all the photographs. Included are 120 black and white photos of women from diverse cultures and times, famous and everyday, some posed and others breathtaking in their ordinariness. Some you will recognize, by amazing artists such as Cartier-Bresson, Cameron, Ronis and Steiglitz. There are also others by less well known artists that are so captivating, you will wish you had had opportunity to see them years ago. Haunting, celebratory, soft, powerful, tender, lighthearted, completely compelling. This collection is unusual, diverse and so pretty that you'll want to leave it open on your table or desk or counter, just to see. $22.95, published by Chronicle Books.

Current Store Music Favorites!

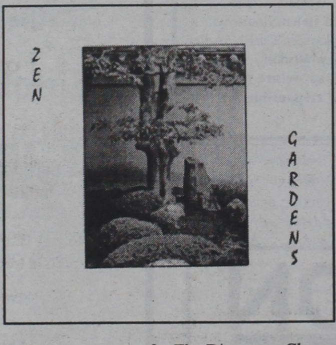
by Sarah Daher, Crazy Wisdom music buyer

Om Yoga Mix: Music for Yoga Class CD from Dharma Moon
Om Yoga Mix, a compilation of works from Michael Hewett, David Nichtern, Drala and Steve Gorn, leads yoga practitioners through an entire class, from warm-up to the final corpse-pose meditation. Sequenced by Cyndi Lee, founder of OM Yoga Center in New York City, this collection starts slow and easy. The liner notes even include a series of poses to help listeners prepare for more strenuous moves further into the music with cheerful percussion. Activity slows down with Drala's sitar- and bansuri flute-laden "Opening the Gates" and eventually winds to a close with Gorn's "Indian Nights". Om Yoga Mix is ideal for yoga instructors and independent students with a substantial amount of experience. (It's also just really fun to listen to!) - New Age Retailer

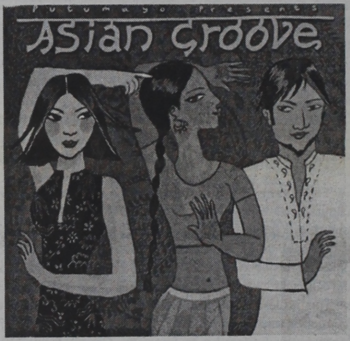


Dewachen: Land of Bliss and Mother of the Buddhas CDs by Kirby Shelstad
Recovering from the deaths of parents and spouse, Kirby Shelstad found refuge in music as well as his strong interest in Buddhism. From his deep loss came Dewachen. The Tibetan and Sanskrit chants combine with hypnotic, soothing world music mixes and Shelstad's voice, percussive instrumentation and slide electric guitar. Stretching 72 minutes, Dewachen offers trance-like beauty with great depth and dream-like texture. This album earned the Nashville Music Award nomination for Independent Album of the Year. "I'm still not sure how you would define it," Shelstad says of his music. "It's a culmination of all that I've studied. And hopefully it is something that people will find interesting for a long time to come. That's the intention I've held for it since the beginning. I wanted it to be something that creates a good vibe, a good space - for it to be something that enhances people's environment." Following Dewachen is Mother of the Buddhas, a unique east/west mix of elaborate Tibetan and Sanskrit chants with earthy grooves in a rich multi-instrumental setting. Full of spirit and devotion, this epic work celebrates the Mother with long, journey-like musical offerings, evoking a perfect space for yoga, massage, meditation and the joy of being. A definite favorite.

Zen Gardens CD by Wall Matthews



Wall Matthews, composer for The Discovery Channel, National Geographic, The Learning Channel, Lifetime, and The History Channel, touches listeners with yet another dedication to a unique culture. "The gardens of Kyoto struck a deep resonance in my being that has lingered ever since," Matthew says. "Zen Gardens is a musical evocation of my memories of and feelings about this special place." Although this is primarily a keyboard-and-synthesizer album, the sounds of temple bells permeate many tracks, creating a distinct sense of stillness and peace. Various selections are simply exchanges of rhythm and silence. Zen Gardens is an ideal choice for early morning or late evening, just after rising or just before going to sleep. The CD is very calming and centering, and the liner notes include beautiful photos of quiet, Japanese garden views. -New Age Retailer



World Music Compilation CDs from Putumayo Music
Although Putumayo has been around for ten years, this company continues to offer new and wonderful compilations from a wide genre of musical styles and cultures. Store favorites include the upbeat and playful Samba Bassa Nova (the second track on this cd by Da Lata is my favorite song out of our entire music selection!!), Rumba Flamenco, Women's Work and Africa! The World Playground series is excellent for children and fun for everyone, including Latin and African music, as well as Dreamland, a new selection including lullabies from around the world. Also check out the titles we just received: Carribean Party, French Café, and Asian Groove. Featured on all the covers is Putumayo's trademark colorful artwork by British artist Nicola Hendl, evocative of the adventurous and inspired spirit of this music.

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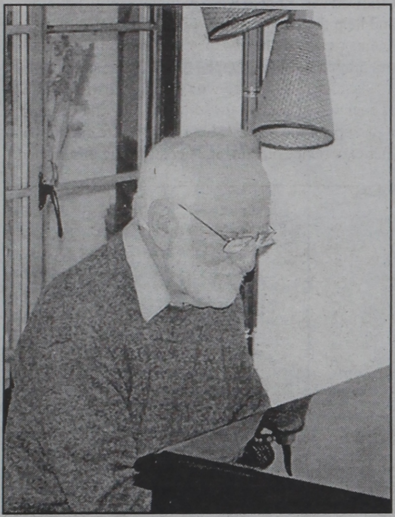
The Wisdom of our Elders ~ Professor Max Heirich Reflects on his Life Journey



I have been a mystic most of my life. It is not something that I feel I have worked at, and so have little advice for other seekers, other than to get out of the way and let the deeper work within you go forward. It may or may not take a mystic form.

When I was a teen-age, fundamentalist Christian, I would often pray intensely and then find myself doing what others call “trance-writing”. I would write down eloquent, Biblical-sounding messages that seemed to be being dictated by a voice I heard inside my head. My great regret, at that time, was that I could not be a Jewish prophet, for I greatly admired their powerful social ethic, and I tried to offer my own witness to the Truth, particularly taking on the segregationist practices of my community.

As a college student I began asking myself forbidden questions, ones that undermined my fundamentalist belief system. Leaving my past, I began worshiping with Quakers, who had no required creed, who gathered in silence and shared messages that came to them if they seemed to be messages also intended for others. They kept their beliefs simple and tried to act on what they felt led to do, to “light a candle” where there was darkness. This still is deeply meaningful for me, as has been the truth of the oneness of all of us, and the need to love my neighbor as myself.

In the meantime I have also so-journed with others who followed quite different spiritual paths. I have found myself to be deeply “at home” spiritually with Black, Pentecostal, and Catholic Christians, with Jews, with Buddhists, Hindus, and Sihks, and also with Wiccans. Those who found their spiritual life through these traditions often felt me to be a kindred spirit. For me the question of whether we agreed on all of our beliefs has always seemed less important than the common experience of the sacred that we encountered together, independent of how we understand it. And throughout my life, some of my deepest friends and most admired spiritual companions have had no religious or consciously spiritual *beliefs*. In short, my path has been a varied one, as have been my deepest companions.

What about spiritual guides? I have spent time with five spiritual gurus and many teachers and swamis, though rarely did I seek them out to be my guide. I have had some surprising encounters with some of them, but I never gave my heart to any one to become their disciple. It always felt to me that if I were going to give my heart, it should be to the ultimate, divine power in the universe, not to some earthly (and always, inevitably, humanly flawed) manifestation of the divine.

It’s been a remarkable journey, not one that I consciously sought. Some people seem to be perpetual “seekers”. I don’t think that description fits me, though some of my friends say that I am unusually open to new experience and they see me as a bit of an adventurer, exploring that which others might avoid or fear to meet. Perhaps that is so, and I suspect that I am often lucky, and more foolish than wise.

When my fundamentalist beliefs collapsed, it did not become a crisis of faith: I could not doubt my experience. Since then, I have studied, as a scholar, how experiences themselves get socially constructed. This has produced something closer to a crisis of faith: i.e., how do I know that what I experience is to be trusted? My answer, right now, is that I don’t. But trusting them feels like the only game in town worth playing. That may be akin to what the Apostle Paul meant when he said that faith is the substance of things hoped for.

About twenty years ago I would be invited once or twice each year to be a guest of the University’s Psychology of Religion class. They would ask me about mystical experiences I was having at the time—sometimes I would be asked to describe what it was like to experience the opening of the third eye, to meditate in the thousand petal lotus at the top of one’s head, to experience one’s body as light, with each chakra as a refining lens through which the essence of my spiritual being flowed and was tranformed. Sometimes they would ask about experiences of seeming to leave the physical body as part of spiritual activity, or the experience that all sense of the self dissolved as one entered the divine stream of being. But I would warn them not to start on such a search themselves unless they were willing to pay the price it exacts: my own experience had been that opening my heart at this level forced me to deal at a totally different level with the rest of my life. It was not a way to hide from inner pain through ecstatic experience. I found myself forced to be honest with myself and others at a level that was often very hard. One had to be prepared to give up cherished illusions about oneself. Relationships with others often changed in fundamental ways, some of which created great joy and others left you feeling personally devastated. One had to be prepared to deal with sexuality and the spiritual, not as dichotomies but in dynamic relation to one another. And one often had to confront the reality of what an utter fool one has been, hiding in illusions that will not sustain you any longer.

Occasionally, about a year before some major spiritual adventure would begin to unfold in my life I would hear an inner voice telling me that I was about to walk through another door that would change my life profoundly, but that I was not ready for it. I would then be given a set of spiritual tasks to do to prepare for that. The tasks would become all-absorbing and often I would forget why I was doing them, until a new level of experience began to unfold.

Seventeen years ago I was walking by myself, high in the Himalayan mountains of India, when I heard that voice again. It warned me that despite what I had been learning just then, when I returned I was not to become an Indian in America. It told me that I had progressed as far as I could on my spiritual path until I brought the broken parts of myself together. I had no idea what that meant, but from deep within me came a resounding “Yes!” And not long thereafter I began to find out what that meant.

Much of the time since then has been less ecstatically mystical. I had much inner work to do, and much service to give others. What started out as response to a request to help organize and lead spiritual retreats for people who were dealing with HIV became a new level of encounter with life and death. Over time I got to know about a hundred and fifty people at a very deep level who were dealing with AIDS, and I found myself becoming a spiritual companion to about eight people each year who were making their exit from this life, some from AIDS, others for other reasons. From them I learned a lot about living and dying, and that there is no one right way to die. I also seemed to be encountering a number of these people after they had died. (I decided that I did not need to decide whether the encounters were “real” or “imagined”. They were profound and I should take them seriously, without having to “decide” what they meant. When these encounters occurred, I almost always learned something profoundly important for me.) During this time I also became deeply involved with people who were homeless, and with the social ministry of some Black churches in the inner city area of Detroit. Life was deep, but it was not “mystical” in the ways to which I had grown accustomed. And meanwhile I was continuing to teach and do research and to fill my life with enough activity for two or three people.

Gradually, I discovered what was meant by “the broken parts of myself” and began to put those parts together. It felt as though absorption in mystical encounter was a remembered part of my past, and I wondered whether it would ever return. But while I missed it, its relative absence did not seem to matter. The spiritual, I was discovering, was about much more than encounter. It is also about transformation, and that can occur with or without the exotica of mystical moments.

Meanwhile I began to experience major health challenges—five in the last six years—some of which were genuinely life-threatening. As I came to terms with my own inevitable passing on, discovering my deep love of life, my joy in its continuation, and yet a sense of comfort in leaving it when that becomes appropriate, I marveled at what wonderful preparation for all this the last few years had been. And then, as I began to experience what earlier had been the broken parts of myself finding a new kind of unity, more classically “spiritual” encounters became accessible again. I don’t talk about them as much these days. I have come to have a profound respect for the spiritual authenticity of people I know who have neither beliefs nor striking spiritual states. It was a relief to be vividly aware of mystical states again, but it seemed less important to talk about this with others. There are many paths, I had learned, and who am I to make one more exalted than another?

Now, with all that background of rich experience over the decades, what is worth condensing out of that strange and wonderful series of spiritual encounters?

First of all, my favorite spiritual motto has become, “God won’t stay confined in any form.” Every time I think I know what spiritual experience is like, it’s almost as if there is a chuckle, a poke, and someone (something?) saying “look again”. Sometimes it seems to be about deep, mystical encounter, at other times about the ecstasy of human encounter, of human connectedness, in which the level at which we meet transcends time and feels divine. At other times it is about the agony of shared pain, or the connectedness of acting together to right a social wrong or to try to help create a better world.

Second, I find myself deeply fascinated by awareness of the coexistence of two quite different levels of spiritual reality. One is a deeply ethical plane, in which good and evil are very real, the need to love my neighbor as myself is vividly present, and there is a deeply experienced moral imperative to act responsibly toward nature, toward the vulnerable, to live simply, not to over-consume the earth’s resources, and to walk humbly, in love, with all our fellow humans.

Equally real to me is a second level of spiritual reality, which is beyond good and evil, which does not judge harshly. When I am in that reality I realize that I am part of the divine, and it of me, that all of us are, and are connected at this level. And that matters more than the good or evil we have done.

For me these two levels of spiritual reality often come together: intellectually they sometimes seem confusing or contradictory, but in day to day practice they belong together. Because I am one with God, and with others, what happens to them happens to me. And so I want to live that kind of life that helps create the circumstances in which all can thrive.

Third, I have come to recognize that there are levels of reality which my culture does not acknowledge, and which seem to have spiritual significance. If I find myself seeming to communicate with plants, or animals, seeming to encounter beings that have no earthly form, or “knowing” things without being told about them that are happening to people I know, I am reminded that our culture likes to assume these things don’t exist. When something of this sort happens to me, I try not to get caught in deciding whether it is real or not, or in becoming attached to it as an experience. Instead I try to understand its significance for what is happening here and now in the rest of my reality and experience.

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Shifting Perspectives

An Interview with Polarity Practitioner Renée Rutz

By Claire Crevey

Three tapestries that look like sunsets draw me into Renée Rutz's office. "I can't work without these," she says, laughing. Horizontal lines of color bleed into each other, fading imperceptibly from pink to gold to blue. The vivid colors seem to shift as I gaze, making me wonder if the yarn has any objective pigment at all, or if what I see depends entirely on the intensity of the sunlight streaming through the ground-level window, my position in the room, or even my mood. This fluidity of perception, mirrored in the luminous tapestries, becomes a theme in my conversation with Polarity Practitioner Renée Rutz about her life experiences and work in energy healing.

Ms. Rutz practices Polarity and Craniosacral Therapies with the Complete Chiropractic and Massage Therapy group in Ann Arbor and teaches Polarity Therapy at the Polarity Center in Dearborn. A petite woman with a ready smile and an infectious laugh, she offers me tea in her clean, uncluttered office before sitting down to share with me her story.

Ms. Rutz's path into energy work was neither predictable nor simple. Upon graduating with a Physics degree from Kalamazoo College at age twenty-two, she followed a clear-cut path into the field of engineering, working in corporate computer jobs from 1982 to 1986. Money rolled in, and so did a serious depression. "I learned that I was a kinesthetic learner, and if I were to continue in a job where I was just sedentary like that and not sensing or feeling the world around me, I was going to be really unhappy the rest of my life." A concerned friend gave her a gift certificate for a massage, which ultimately transformed her life. "After the massage, I could feel the depression lift, and I thought, 'This is my old self.' It was a huge turning point in that I realized a lot of things about who I was." She enrolled in massage classes and quit engineering two years later to practice massage full-time.

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Three years into her massage practice, Ms. Rutz began noticing sensations in her hands that no one had discussed in massage school. Though more permeable than the feelings of picking up a rock or a feather, the sensations were definitely grounded in the body and physical world. Qualities of movement, texture, and temperature arose not only in her hands but throughout her whole body and the room. Without any reference point for these experiences, she followed and explored them. Her clients contributed positive feedback, saying her work helped them somehow connect with themselves.

Ms. Rutz began exploring energy work through the modalities of Polarity Therapy and Biodynamic Craniosacral Therapy. Local Polarity Practitioner Karen Kerns performed intense physical and emotional healing on Ms. Rutz, inspiring her to enroll in Polarity Therapy classes in 1989. "The classes were really empowering for me because what I was feeling and experiencing was being then explained to me in the classes," she says. "It was really exciting for me to have my experience match the books instead of the other way around, which is how my other educational experiences had been, where you read and learn and then you try to match your experience with what's in the book."

She values those previous educational experiences, however, citing that her studies of Physics helped her appreciate the power of different perceptions and how they can change outcomes. "I think we're all tuned into energy," she says. "It's just a matter of focusing your awareness in a different way, shifting your perception so you start to notice it." Her years in the corporate world have positively impacted her work as well by teaching her about human suffering and the forces that drive people, knowledge that helps her relate with her clients.

Studying Aikido from 1982 to 1993 also influenced her practice by teaching her about coming into relationship in a clear, safe, and trusting way, which is an essential element of each session. "When I make contact, I try to meet the person at their edge, where I can start to feel the rhythms in the body, in the different energy patterns. It's almost like two bubbles touching each other. At that point, we have a field of interaction. That you can feel physically. If I come too close into something, a lot of the rhythms that I'm palpating actually shut down. Or if I'm too far away, then the same thing happens. My job all the time is to make sure I'm at the edge because when I'm not, then I'm either invading somebody's space or I'm abandoning them."

Transitioning from engineering into energy work required substantial personal development. In order to interact consciously with subtle energy, a practitioner must maintain presence and mental stillness throughout each session. Not much can happen in a session if her mind is writing her shopping list, says Ms. Rutz. She describes energy as having layers and explains that the quieter the mind, the deeper the layers of energy it can perceive. Practice and training have allowed her to perceive subtle layers of energy, but it is her choice whether or not to see from this perspective at any given moment. She chooses to perceive deep energy layers in a session only with a client's permission and rarely does so outside of work.

A personal insight meditation practice helps Ms. Rutz stay grounded and present in her physical body. She guides clients into consciousness of their bodies at the beginning of each session and checks on her own centeredness throughout the session. "For me, being present and having an open heart is my religion," she says. "I have this job that is really a practice for me too, and I'm really grateful for that. Just like in a meditation practice, even as I work, my awareness might wander, and I just have to be skillful and bring it back, just keep coming back and keep coming back."

In addition to her primarily kinesthetic experience of energy, visual, anatomical images arise in her mind's eye during sessions. "If you know your anatomy, then the body can talk to you," she says. "You can have a conversation with it because the language of the body is the anatomy… It'll start talking about its heart or lung or arm, and the whole time, I'm just trying to hold space to let those conversations happen in such a way that the body reaches a new state of balance."

Much of Ms. Rutz's work consists of creating and maintaining space to allow the body's own processes to happen rather than imposing her own agenda. Instead of moving or manipulating a client's energy, she simply acknowledges and observes the body's energy patterns and rhythms. "My job is really to stand back and hold that space. As the energy moves, you might feel it kind of come into a state of balance. I just stay present with the system because the body knows how to do it. It's just a matter of bringing the resources and the space to help that process happen. The body does that best when it feels safe and held and feels it has contact."

A key facet of her perspective is that health always exists in the body. Even when blocks in the energy system cause disease, fundamental health remains present. By acknowledging and listening to the body's innate wellness, Ms. Rutz works in partnership with the client's internal wisdom to help health express itself most fully. Instead of focusing on releasing traumas, she guides clients to increase their awareness of the positive, healthful aspects of their lives. Acknowledgement and affirmation of those aspects allow them to grow and blossom, thereby counterbalancing experiences of pain or disease.

For example, one client suffered chronic, intractable pain from a series of car accidents. When Ms. Rutz asked her what was going well in her life, the client spoke of her garden. When asked what physical sensations she experienced when she talked about her garden, the client's awareness shifted to those feelings and places in her body, which allowed Ms. Rutz to work with the energy patterns there and help the energy move. Focusing on positive components of her life helped the client rediscover activities she enjoyed but had stopped doing, such as going to movies. She also reconnected with a daughter with whom she had been out of contact for some time. While her pain did not disappear, the positive forces in her life counterbalanced her experience of pain, and her suffering diminished.

Photo by Claire Crevey

Ms. Rutz describes this phenomenon in terms of biodynamic and biokinesthetic forces. Biodynamic forces maintain the integrity of a person's whole system so that when he experiences pain or trauma, the whole of his system remains intact instead of falling apart. Biokinesthetic forces represent our experiences, such as the car accidents her client kept experiencing. "A lot of what I feel I do is help shine a light on the biodynamic forces in the face of our experience or in the face of our suffering."

Ms. Rutz helps people experience possibilities in themselves that have always been present but to which their conscious minds may not have been attuned. One client with chronic digestive problems had grown so accustomed to pain and a blocked feeling in her abdominal area that her first experience of clear energy flow through that region was a true revelation. "Sometimes just having that experience once opens up a new possibility," says Ms. Rutz. "You go, 'Oh! Okay. That's how that feels,' and then your system can start to try and move back towards that. But if you don't even know it's possible, if you don't have a felt sense experience of it, then you just go through life thinking this is life, this is how it is… I remember the first time I went to the tropics, and there were these colors that I'd never seen before, like these blues, and you're just amazed. It takes a little time to adjust, when you can see and feel that it's possible. In the same way you can expand your felt sense experience."

Ms. Rutz and I contemplate her tapestries. Sunlight glints off the fibers: crimson, orange, blue. I think of the blues in the tropics that I've never seen, and how they exist anyway. What other colors might exist elsewhere in the world? What possibilities wait undiscovered in our bodies and minds? The key to discovering them lies not in the outside world, for they already exist there. We need only to transform our perceptual frameworks. As the tapestries offer us their seemingly endless transformation of colors, I reflect that Renée Rutz's office is an apt place for them to hang as she guides people to perceive in new ways and discover the limitless wellspring of possibilities inside themselves.

Excerpts from the New Book by Barbara Brodsky:
Presence, Kindness and Freedom ~ Aaron's Teachings on Living from an Open Heart

What follows are a few selected excerpts from the recently published first book by local meditation teacher, Barbara Brodsky. The book is entitled, **Presence, Kindness and Freedom: Aaron's Teachings on Living from an Open Heart**. *Brodsky has been practicing meditation for over 40 years, and she is the guiding teacher of Deep Center, in Ann Arbor. Her teaching draws from dual roots and training in the Buddhist and Quaker traditions. She became totally deaf in 1972, and living with silence has deeply influenced her life and her teaching. She is also the channel for the spirit, Aaron, and she offers channeled workshops around the world.*

If you are interested in reading more of the book, it is available at Crazy Wisdom Bookstore and other local bookstores. In addition, there is an in-depth interview with Barbara Brodsky that was published in this publication, (then called The Crazy Wisdom Calendar*) in the May 1999 issue (Issue #12), which can be purchased at the bookstore. One can also call the Deep Spring Center to find out when Barbara Brodsky is doing public talks and leading meditation classes. For more information about that, look under the Meditation heading of the Calendar section of this issue for Deep Spring's listings. Brodsky will also be reading from her new book, and answering questions from the audience, in the Crazy Wisdom Tea Room on Saturday, February 14th, at 4 p.m.*

Problems

I seem to have so many problems. Each time I resolve one, there's a new one. What am I doing wrong?

I hear your question. Many people echo you. Certainly there are issues that need to be resolved, but you can relate to them in loving ways. First, know that there are no problems, only situations that ask your loving attention. If you are willing to risk being undefended in a place of pain, as you open your hearts to these difficulties, then there is no "problem," which implies a negative experience, only a situation that asks for attention.

Yet you habitually create difficulties for yourselves. Why do people do that? When you have a problem, it gives you something to focus on. You feel you can pinpoint it and say, "This is the problem, and if I can solve this, then everything's going to be fine. Then I'm going to be comfortable, and everyone will be happy." This gives you an illusion of power, of control, and therefore of safety. You are attached to problem solving. When your own problems seem well on the way to being solved, you find friends with problems so that you can help them with theirs. One of your chief recreations is the creation of problems and problem solving. You even collect them in puzzle books, as entertainment!

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People become attached to what has seemed a place of safety, which is the small self and its methods of control. You are attached to the self and therefore you are attached to your problems and treat them as a doorway to something that you can do—problem solve. This is tricky. When you are problem solving, it helps you to avoid feeling the pain of the situation so acutely. You say, "Well, I'm doing something about it." The delusion here is that, instead of really giving the situation your loving attention, you may withhold that loving attention because at some level you want to perpetuate the problem that serves as a diversion from the pain while continuing to feel that you're doing something. Letting go of the illusion of control is not viewed as an option.

You live in a world in which there is so much fear. You are all exploring fear in yourselves and in your lives. You may create new situations of fear to further reflect your inner fear and give yourself more opportunity to participate in fear, anger, pain, or deprivation. Why would you do that? Doing so may feel safer than resting in an awareness that observes fear without getting caught in its stories. To rest in such awareness means to step out of self-identification with discomfort. It is to step outside of the self. True Being has no problems. From the spacious perspective that is unattached to problems, awareness can attend to unwholesome, uncomfortable, or unpleasant situations, employing that extension of awareness you know as the everyday self. But such perspective, which lets go of self, is threatening, so you maintain the problem as a way to hold on to self.

This process is very subtle. Look at it in your experience. Find an issue that's uncomfortable for you, a place where there's a lot of pain. Maybe it's about wanting a better job or a better relationship. Find something that you view as a problem. Then ask yourself the question: what if this were resolved? Take a deep breath and ask that as honestly as you can. Part of you says, "Wonderful!" Part of you shudders, "What if it were resolved? What would hold my attention then, to divert me from the deeper suffering of conditioned existence?" The real issue is that even if this relationship were more harmonious, even if this job were improved, you would still be suffering, because your suffering does not grow from the poor relationship, or job, or even poor physical health. Your suffering grows out of your ongoing battle to maintain an illusion of a self in control. It is the dilemma of the juggler with too many balls, struggling to keep them all aloft, in anguish lest one drop. What if you let them all drop, and then pick up only those you wish to juggle, putting them down easily when you are done?

Suffering grows from grasping for some final solution that you will not find as long as you keep looking in the wrong places. As long as you cannot be present in this moment and know its perfection but keep grasping at things to be different from what they are, you will suffer. "Problems" mask that suffering.

Can you see that pattern in yourself? If the relationship is improved and you are still suffering, what then? If you retain the illusion, " If only I can fix the relationship, if only I can fix the partner and all his or her inadequacies, then everything's going to be fine and I'll be happy forever," it gives you a sense of control and helps the personal self feel safe and empowered. So at some level, you want to perpetuate your problems.

You will not be free of problems until you understand that. It takes courage to allow the self-identification with the ego self to dissolve so that the true essence can shine forth. It is very difficult to be that honest with yourself and see the addictive patterns. But this is the route to freedom. In the expression of Being, problems cease and awareness attends to life's glitches with kindness and an open heart.

The Imperfect Body

Q: Aaron, why do we have bodies that age and become ill or disabled?

Many factors determine the nature of the body. Karma is only one factor. Genetics, environment, and culture play a part. Thus one may also ask, why do I live in a difficult environment or culture? It is circular, and there may be no dominant reason. Nothing is haphazard, but one may not understand why circumstances have offered this particular body, family, or place. Not knowing, the best we can do is be present with what is, with an open heart, and take it as a situation for learning. The mind that seeks to blame or grasps at knowing *why* cannot open to things as they are. Let the question not be so much, "Why" as, "What good can be made of this situation?" That said, let us look at a small part of the situation of incarnation into a body that does not function as well as would be wished.

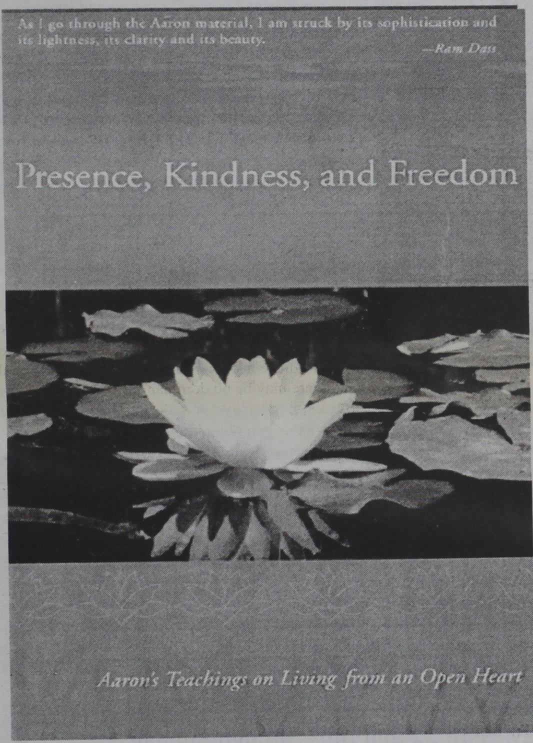
What does *imperfect* mean? This body may be uncomfortable or inconvenient but for this moment, it is your perfect schoolroom. Movement into the body is never determined by convenience or pleasure. You are here to learn. Much care is taken to be sure the optimum conditions for learning are available. Please understand that by optimum conditions I do not mean wealth, high rank, or even high intelligence or special gifts. I simply mean a choice of physical attributes and cultural and living situations that are best able to enhance the spirit's opportunity to open to the intended growth. Remember that the physical plane is a schoolroom for the higher self. Also remember that the higher self itself is never handicapped. With these ideas in mind, you will see that a handicap that you, in your physical form, may consider as an obstruction is actually a form of instruction.

It is important to remember that the body experiences, resultant from karma, also come with careful thought and with love, always with love. The result may seem cruel to a being on the physical plane who has forgotten the spiritual reasons for the choice. And, my dear ones, you forget so easily. Sometimes a being that experiences a difficult physical situation, such as a severe handicap, will not comprehend the reasons for this experience and may become mired in bitter misunderstanding. He may blame outside circumstances for his discomfort rather than recognizing the opportunity that is offered. When entrenched in this kind of distortion, the higher self obviously cannot make use of the chosen physical situation to attain the desired growth.

Sometimes, even with guidance, this forgetfulness and misunderstanding continues throughout the being's physical lifetime, both accruing new karma and necessitating the planning again for the hoped-for growth in another physical body in a new lifetime. Your resistance to learning is one of the conditions that manifests those experiences you need to teach you. What you are unwilling to learn in one lifetime, you will learn in another.

Even when a lifetime seems to have only increased the distortion, you are learning what you need to learn so that you can face the lessons you are avoiding. For example, the one who cannot walk may wish to ask what it means to stand upright. The deaf one may be led to explore what it does not wish to hear. This does not mean a specific fear caused the distortion, but the inability leads one to examine all the possible contributing factors. Each lifetime brings new light to areas that previously were dark. Sometimes it is only a glimmer, at other times a brilliant glow. Always, awareness is growing back toward that light which is its source and its home.

There is one more situation in which a being may move into a handicapped body. This choice involves both the spirit's own growth and its willingness, in love, to become the fulcrum for another being's growth. Occasionally a being may incarnate in a body that is so severely mentally damaged that little personal growth is possible in that lifetime. This may be done to aid another or others, perhaps the parent or a sibling, who in relationship with the handicapped being is able to gain important understandings, usually about love and selfless giving. Here, the handicapped being acts as a catalyst. Although love is the force behind all learning, the decision to incarnate in such a body is not entirely selfless. Remember that during this stage of repeated physical reincarnation your learning is not just on the physical plane. You learn on another plane while between physical incarnations. Thus, a being that has entered incarnation out of love and service to another has expanded his own capacity for love by the giving of his own self in love.


As I go through the Aaron material, I am struck by its sophistication and its lightness, its clarity and its beauty.
—Ram Dass
Presence, Kindness, and Freedom
Aaron's Teachings on Living from an Open Heart

How can you work with the situations when you feel lost, bitter and afraid? Try this: picture yourself on a stage, your life just as you experience it, with the harshness of the disability. Now picture yourself lifted to a balcony where you can see the players come and go, on and off the stage. See this body return to an undistorted form as it exits the stage. See the whole picture.

You must take both parts, the player who deeply experiences the distortion, and the audience who sees the entire spectacle, and understands that the distortion is a difficult but useful illusion, brought forth for a reason. Can you trust that reason and re-enter the stage scene?

It may take a being many lifetimes to learn something that has become difficult for that being. In each new lifetime the optimal learning situations are chosen, and you may try again. There is never any rush. You have all the time that you need. With each lifetime you add light. With each step you find your way, guided by love, when you are able to open your heart to that love. You are all on this path together. While each of you walks a unique path, the process is the same for all beings and is one of those things that unite you. Be patient. Find the reality of love and follow it. Be as aware of your choices as possible and be responsible for them. Be assured that every being will find its way home.

Working with Depression

Q: Why am I depressed, Aaron? What do I do about it? If my learning doesn't have to be painful, why is it painful? I think I'm paying attention, but there's still so much pain.

My dear one, you are light. Each thing seeks its own kind: light seeks light, darkness seeks darkness, joy seeks joy, and sorrow seeks sorrow. When you're fully able to enter into the experience of yourself as light, everything seems lighter around you. You know yourself to be part of that Ground of all love, call it God or whatever you prefer.

If you have a beautiful flowering houseplant with lush green leaves, and you put it in a dark closet and forget about it for several weeks, except to open the door and pour in some water, what happens to it? Will it thrive? Each of you takes yourself for hours or even for days at a time and shuts yourself off into a dark closet. Your fear and anger are walls that enclose you and shut off the light. Then you ask me, "Why am I depressed?" How can the light get through?

What is this darkness? Your fear is opaque. It assumes solidity. You find it so hard to have compassion for this dear being who is afraid. When fear arises, it is followed by judgment, "I shouldn't be afraid." Then the fear is suppressed and you move into anger or greed with the same "I shouldn't...." By this time the light is thoroughly walled out.

It is not the emotions that bring the darkness, but your reaction to them. To feel heavy emotions and have compassion for the being that you are, in pain, does not block light but invites it. To feel heavy emotions and dwell in those without awareness shuts out all light as effectively as if you were the plant in a closet.

Connection reconfirms light. Separation enhances darkness. When judgment against feelings arises, it separates you from yourself and, of course, from the light.

Can you begin to see the depression not as a cause but as a symptom, so that you begin to recognize the process? "I'm depressed, I need light." Perhaps that recognition can lead you to see the walls of fear, anger, shame, jealousy, judgment, or greed with which you've surrounded yourself and to ask yourself, "How can I open some window shades and allow light in here?" You can do that, but in order to do it, first you've got to recognize that the shades have been drawn, that the walls have gone up. For many of you, that is the most difficult thing to do. The judgment is so thick. The darkness offers an illusion of a safe hideaway.

Why is it so difficult? If we are beings of light that yearn for the full experience of light, what is this attraction to darkness? In your pain, you seek that which will confirm your feelings. When anger arises in you, and you judge that in yourself, saying "I'm no good, I shouldn't be feeling anger," that "I'm no good" seeks to confirm itself through experience. It actually makes you reach out and find those experiences that prove, "Yes! See? I really am no good."

As you judge your heavy emotions and deepen the anger at yourselves, the walls get thicker. Not even a glimmer of light can shine within.

It is as though you hide in a safe tunnel, putting up strands of protection in the doorway. They wall out all that you fear would harm you, and thus serve to defend, but they also wall out the light. For example, feeling another's judgment, you move into anger. Anger protects you from the pain of feeling judged and from all your self-judgment. It separates you from yourself and from the one who judged, and it blocks the light.

You can begin to dissolve these protective strands of anger, greed, and so forth. You must do it with utmost gentleness, recognizing that each has been placed for the purpose of defense. You need not tear them all down and stand naked and vulnerable in the blazing sun. That action would be brutal. Instead, slowly allow yourself to acclimate to the light so that it warms but does not burn.

Work gently. Lift one item at a time and examine it. Regard the wall. "What is this fear? What is this jealousy? Do I still need this judgment? Might I not lift it from the doorway and leave it here beside me? I can replace it if necessary, and I can see how it feels to allow the light to enter, the light of truth."

There is desire for the light. Is there also fear of it? Do you still cling to the darkness for protection? Do you hide your soft and vulnerable heart behind anger, jealousy, or greed?

What if you really are as good and as beautiful as I keep saying you are? Many of you felt a bit of fear as I said that. Can you start to see what that fear is about? You have each experienced the pain of rejection and defeat so many times. There is such yearning for the light. The thickness of the armor in which you have imprisoned the heart bespeaks the sensitivity of the heart. How badly it has been wounded to seek such heavy protection. How soft and vulnerable it is.

You have each experienced the pain of rejection and defeat so many times. There is such yearning for the light. The thickness of the armor in which you have imprisoned the heart bespeaks the sensitivity of the heart. How badly it has been wounded to seek such heavy protection. How soft and vulnerable it is.

It becomes less painful to believe the light to be unattainable than to reach out yet again and experience defeat. It is the process of "You can't fire me; I quit." You defend yourself by wrapping yourself yet again in your fear and wearing it as a shield.

Each of your higher selves yearns to move fully back into that light, to re-experience that which truly is your birthright. And yet, each of you knows, with deep wisdom, that you have work to do, and that's why you're here. So you move into a misunderstanding in which you see the light, and the very pain of your yearning causes you to push it away. It is what the Christian mystics call "the dark night of the soul." You create situations to prove to yourself that you are not good enough to be in the light—the precious light which you so desire and without which you wither away. It is a very poignant human predicament.

Can you begin to notice the arising of depression and see it as a symptom of yearning to move back fully into the knowledge of connection with light, rather than as proof of your unworthiness to know light? There's a world of difference in that, because when you see it as a symptom of your love, that immediately opens the window shade, maybe just a crack, but enough to let sunlight come in. It reminds you of who you are.

Let us explore other factors in depression. Barbara received a letter from a friend who said that every morning when she wakes up, she does a number of things to remind herself that she is an angel here in a human spacesuit. Depression is a symptom of the claustrophobia of that angel. One feels hemmed in by this spacesuit at times. It feels unworkable. Nothing is as easy as it should be.

Somewhere beyond the conscious mind are real memories of the ease of moving in the light body and the joy of being fully present in the light. Of course incarnation feels claustrophobic. Can such discomfort become a deep reminder of who you are and lead you to appreciate the perfection of the journey? Even depression, fear, and anger are gifts to help you learn love.

There's one more aspect of depression I'd like to talk about. When you seek to confirm a heavy judgment you've laid on yourself and move into increasingly more difficult and painful situations, the heaviness of your anger invites in negativity. There are beings of positive and negative polarization on all planes. And there are mischievous spirits, not beings that are very negative, but beings on the astral plane that are a bit bored. They're young beings, for the most part and they like to participate in chaos. Your negativity is an invitation to them.

(continued on Page 12)

Excerpts from the New Book by Barbara Brodsky: Presence, Kindness and Freedom ~ Aaron's Teachings on Living from an Open Heart (continued)

There are also beings that are deep in misunderstanding and feed on anger and pain. Your anger and fear invite them in. So, when you move into depression, it's like opening the door and saying to all the negativity, "Come in, welcome! We're having a party." This is no different than seeking out another depressed friend when you feel depressed so that you can feed each other's depression.

I'm not suggesting that you say: "I won't feel depressed; I'm not going to let in negativity," because that in itself is negative. When you're feeling depressed, somewhere you have got to open a window shade. That which knows the experience of depression is not depressed. That awareness never becomes depressed. Where does identification lie, in the consciousness that is depressed and sees this depression as self or in the awareness that observes with kind, spacious attention? One way to open the shade is to deepen presence, to invite awareness to watch the depressed self and not be caught with self-identification in such a feeling.

> Occasionally a being may incarnate in a body that is so severely mentally damaged that little personal growth is possible in that lifetime. This may be done to aid another or others, perhaps the parent or a sibling, who in relationship with the handicapped being is able to gain important understandings, usually about love and selfless giving.

Humor helps. Perhaps you could have a set of Groucho Marx glasses and mustache and you could go and look at yourself in the mirror. Just stand there and stare at yourself for a few minutes until, finally, you have to laugh. "Am I taking myself too seriously?" Anything to lighten the moment, to begin to penetrate the density of those walls that you're pulling around yourself, walls that separate you from the light.

Humans have short memories. As soon as the light is cut off, it's gone. It's so hard to remind yourself: "I really am an angel in an earthsuit, and I really am as connected to spirit as I am to this body."

Think about the ways that you can bring light in when you're emerged in darkness. Each of you will find different ways that will work for you. One may find it wonderful to go outside in the sunshine, take a walk, and reconnect with trees, grass, and flowers. Another may find an outlet by listening to music, or exercising your body in rhythmic ways: dancing, doing yoga, playing ball. A third may seek loving companionship. There's no one best outlet.

When you feel depressed, please remind yourself of the flowering houseplant that has been put in the closet. Ask yourself: "Wouldn't I, in compassion, bring those flowers out into the sunshine? Can I not do at least that much for myself?

Socks

Q: Aaron, what happens to all the socks that disappear from my laundry?

They spin into the higher densities and we thoroughly enjoy them here, as we don't have the idea you humans do that they must match. They are very colorful!

Q: Would you mind sending some favorites back? In return, I'll send you the ones that were pairs to socks that got holes.

We'd be glad to ask them if they will return, but you must understand that if they come back it must be through reincarnation. They will be very small, infant socks, you might say.

Q: If time is nonlinear, can't you send them back before they get lost and need to reincarnate?

That would be before you've made this request, and they'll simply spin away again. To insist they not spin away would be a violation of their free will.

Q: Can you just keep sending them back?

Please note that they do not belong to you but merely agree to live with you. If they have decided to pursue their journey elsewhere, what right have I to interfere? I think you had best take it up with the socks.

Have you heard the saying, "Trust God and tie your camel"? Before you wash them, ask them if they will please remain in the machine and express your love and appreciation. Then pin them together. You may lose whole pairs, but at least you won't have odd socks. Or start a new custom of wearing mismatched socks. They really are very lovely that way. Are there further questions?

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Healing our Bodies, Healing our Earth

By Lucinda Kurtz

Ann Arbor Women of the Circle:

Standing left to right: Rita Benn, Elizabeth Alberda, Vera Moura, Linda Sayer Berry, Lucie Nisson, Rochelle Martinez, Donna Aras. Seated left to right: Delyth Balmer, Lucinda Kurtz. Not shown in picture: Karen Arndorfer, Jean Chorazyczewski, Jennie Lichtenauer, Linda Jo Doctor, Patricia Kelly

"The real voyage of discovery," wrote Marcel Proust, "lies not in seeking new landscapes but in having new eyes." "New eyes" can assist us in understanding and experiencing the essential interconnection between our human bodies and the body and landscapes of the earth. Recent opportunities for deeper learning around this issue have profoundly shifted my awareness and allowed me to viscerally "get" that the earth and I are one and the same. This embodied knowing has taken me beyond my already strong commitment to environmental sustainability to an internal space of awe and wonder.

It has been a journey of remembering. A remembering that brings together an ancient interweaving between my earth body and the body of the earth. A remembering that activates memory stored in my DNA and in the molecules of my body that is reawakening in this time of urgency upon our planet. Jeanette Armstrong, the Okanagan author and artist writes about this inner recognition, "Our traditional understanding is not just that we're part of the land, not just that we're part of the vast system that operates on the land, but that the land is us. In our language the word for our bodies contains the word for land."

Re-member-ing is the opposite of dis-member-ing. Our 21st century Western corporate culture is dismembering, taking apart, limb by limb, our natural connection to the earth and to each other, for it is in our relationship to other beings on the planet that we mirror what we do to the earth. As Paul Hawken, the cutting-edge social entrepreneur and author of Natural Capitalism notes, our deeply held values and common sense are not being reflected in the actions of Western corporate leadership. Corporations are enclosing and dominating the world's commons— the human genome, water, seeds, food, the airwaves; they are corrupting our stories, our culture and traditions and undermining the relationships among nations, regions, and peoples.

Hawken and many other visionary innovators come together in a yearly gathering of "biological pioneers." These "Bioneers" are committed to imagining "visionary and practical solutions for restoring the earth." The yearly Bioneers Conference has become such a powerful force for creativity and change that it is now broadcast live by satellite from California into numbers of host sites around the country. In October, I participated in the Traverse City Bioneers Conference along with my spiritual sisters in the Ann Arbor Women of the Circle. It was through my preparation and participation in the Conference that I subtly shifted the awareness of my earth body.

The plenary speakers were a dazzling array of activists, educators, artists, farmers, biologists, and spiritual leaders who stirred our imaginations and helped us to envision new possibilities for "wedding human ingenuity with the wisdom of the wild," a phrase from the Bioneer's Declaration of Interdependence. Two farmers, Fred Kirshenmann and Percy Schmeiser, spoke of the dangers of losing biodiversity of our crops and the domination of our food supply by industrial agriculture. Tom Hayden, one of the most important progressive political figures of our country, challenged us to consider how we could develop a grassroots movement to provide an alternative vision to today's dominant political paradigm. And Oren Lyons, a Native American spiritual elder from the Onondaga Council of Chiefs, discussed the concept of making all decisions based on the health and welfare of the next seven generations. Although each person spoke of the dangers inherent in our current situation, every speaker focused on the hope for future change and the importance of healing our human communities to restore our imperiled ecosystems.

The Women of the Circle created two experiential workshops for the Conference. Our intention was to tap into the powerful energy for transformation that was being stimulated by the presenters and to help each individual participant understand how they could effect change in their own bodies and through their conscious actions. How could we help move people from their heads to their hearts and bodies? That was our challenge.

And so we turned inward to our own inner knowing, to the stories and rituals of native and indigenous peoples, and to the wisdom of an Ecuadorian shaman who was a teacher for many of us in our group. How can we provide access to the essential wisdom that lies within each one of us that we are the four elements: earth, fire, air, water? How can we shift our energy and create balance and harmony within ourselves, with our global family, and our Earth Mother?

We envisioned an experiential process that could connect with people first on the intellectual level where they were processing multiple possible solutions for creating a more sustainable way of living on Planet Earth. Then we intended to create the conditions under which people would feel sufficiently safe and nurtured to unite mind, emotion, body and spirit.

To explore more fully the earth-based shamanic wisdom, rituals, and traditions, the Women of the Circle invited Don Alverto Taxo, a shaman from the Kichwa tradition in Ecuador to sit with us in our circle and share his deep rooted knowing of the four elements. Air, the breath of life in our lungs and bodies that circulates through all beings in all countries in all times uniting us inextricably to each other, the element of transmission. Earth, the mother nurturer that brings forth life to sustain our life and all life, that becomes our bones, sinews, muscles, and organs. Fire, the energy of love and passion that propels us to action and vision, the fire in the belly and the open heart that transmutes pain through healing. Water, the cradle of all life that ebbs and flows in our blood and veins and purifies, heals and transfigures, allowing us to experience our spirit as One with the Divine.

Imbued with this deeper understanding of our connection to the earth, we created an inviting energetic environment to learn and experience directly the qualities of the four elements outside and inside of ourselves. On Sunday morning of the Conference, in a large airy indoor space surrounded by groves of maple and oak trees in their multi-colored autumn display, we created a circle, the symbol of wholeness and integration, of harmony and peace for many indigenous cultures. This included a Native American Medicine Wheel where the four directions were linked to the four elements and were mirrored in the feathers, shells, rocks, leaves, branches and other natural objects in the center of the circle. As participants walked silently into the space, we drummed the beat of the heart, bringing each person into a more harmonious relationship with themselves and the others in the circle. Through poetry, guided meditation, dance, song, and movement, we created a physically based experience of a deeper spiritual reality.

This deeper awareness was further enhanced when we were guided on a collective shamanic journey by Elizabeth Alberda, a member of our Circle. We journeyed to receive information and a vision of what is needed on the earth for healing and transformation. As we shared this vision for healing with each other, we collectively experienced the power of knowledge and information that comes from a very different source than reductionist scientific research approaches. It comes from a place of deep inner experience and trust in the great mystery of life upon this planet Earth.

As we concluded our gathering with each person walking and dancing around the circle, singing, drumming, rattling, playing musical instruments, I could sense and see a profound shift of energy in the space. The smiles on people's faces, the release of tension, the joy in experiencing the freedom of movement, and a knowing that comes from an embodied experience signaled a shift in consciousness. We had entered the space of the sacred human heart that connects each one of us to ourselves, to a community that supports and sustains us, and to Earth Mother, the Great Sustainer.

In the final Ceremony of the Conference on Sunday afternoon, as we stood in a circle outside under the clear sky and a canopy of maple trees, we asked each person who had participated in this amazing 3-day gathering to place their intention for healing and restoring the earth in a natural object and place it on the earth in the center of the circle. With prayers and wishes for manifestation, we concluded the Conference asking each person to actualize their intention for healing.

We also reminded them that if we are committed and passionate about creating health and healing for the earth, a way to begin is through the healing of our own earth body. If each one of us creates health, harmony, joy and wholeness and embodies love and wisdom in our bodies, then we are doing a remarkable service to ourselves and the planet. For change must begin with us, one person at a time, taking responsibility for our own health and healing. And then respect for the planet will flow like water and the honoring of Her will be part of our being.

What was amazing about this experience was that we, as a group, allowed Spirit to inform us and guide us in what we created and how it unfolded. Yes, we did have a plan and order to our vision, but we allowed ourselves to receive guidance both internal and external each step of the way. We watched in reverence as each one of us brought forward what was needed to lead different parts of the ceremony. We talked and explored together what we were learning and came to trust ourselves, each other, and guidance. And so embraced by this circle of women, in the larger circle of truly committed Earth Healers, I came to know myself as one with the Earth in a new way, with "new eyes," in a landscape imbued with "the wisdom of the wild."

To bring this heightened awareness into fuller manifestation, I felt drawn to explore this intersection between the spiritual and physical dimension in the Crazy Wisdom Bookstore Salon for the 2004 Winter season. After conferring with other Salon participants and gathering their support, the focus of our Winter Salon will be the exploration of how` we can bring our growing conscious awareness into physical and political manifestation at this time of opportunity and challenge. How can we see with "new eyes" our earth, the food we eat, and the political systems we create to define the public arena of our lives? Let us utilize this avenue of common discourse and exploration to re-member as a community the essential interconnection between our human bodies, the body and landscapes of the earth, and the moral and political structures we create to reflect the truth and integrity of our highest selves. Let us continue together on this voyage of discovery.

Lucinda Kurtz, M.A is a graduate of the Barbara Brennan School of Healing and is a certified Hands of Lights Energy Healing with a private practice in Ann Arbor.

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Spiritual life, Trauma and EMDR

By Matruka Sherman

All of us, no matter how spiritual we consider ourselves to be, have a hunch that in some part of us there is a deep stillness, a greatness, a blissful core, and we seek many ways to connect with that sublime reality. Spiritual life connects us to something greater than we experience in our mundane life. And having access to that reality means we step back a bit, observe, witness and therefore can take in a more expanded view. When we have a spiritual connection, life has more meaning, we can put things in context. Spiritual life also puts us in touch with unlimited possibility, pure potential and love. And the more love, the less fear. The less fear, the more freedom. It empowers us to manage change with creativity and courage. It reminds us of what we already know and gives us permission to go for the highest, to live our ideals.

Our yearning to connect with that unlimited source of Self is sometimes born out of wounds. In an effort to gain mastery over the helplessness and confusion caused by trauma we may seek to make sense of these experiences within a larger context of meaning that goes beyond the personal life.

Our own Divine Nature is also longing to speak with us. It is longing to remove the veils and join us in completion. The way this happens is a very mysterious process. And we have to be awake to get the Divine hints. How do we navigate this spiritual path when it is so complex and invisible?

Part of the process involves identifying the way we talk to ourselves and how we attribute meaning to an event. Much of our self talk contains unconscious, repetitive patterns that we replay over and over again. Because these thoughts go on beneath our level of awareness, they have a huge impact on how we perceive ourselves and on our ability to be effective in the world. Our thoughts create our reality, so being aware of our inner dialogue is extremely important. How can we hear the sacred whispers if our own mind is constantly in the way?

As a psychotherapist I am frequently dealing with the effects of trauma in people's lives. But there are many types of trauma, and in my work we call them 'big T' and 'little t' trauma. We all know what big T trauma are. And often we've done work on the big T's. But little t trauma are more subtle, like being teased in school or seeing a scary movie. They are life's little insults and often fill our heads with an inner dialogue that says, "I'm not good enough" or "I can't handle this". It is often the little t trauma that keep us stuck on the spiritual path as well. They are "blocking beliefs" that not only make us feel small, or less than, in our worldly lives but also impact our ability to grow and expand into higher states of awareness.

In my work with the effects of trauma, I like to use EMDR (Eye Movement Desensitization and Reprocessing). In the processing of a difficult event the client is asked to identify the negative belief that is stirred up by the situation. And, as in meditation, the client is asked to just notice, or witness, what comes up while we process the event.

I recently had a client who was working with the negative belief, "I'm a bad person." Suddenly, she flashed back to an experience when she was nine and was being falsely accused of stealing something in her classroom. The painful but forgotten feelings of panic, self-doubt, and anger at her accusers yielded to an experience of just seeing, dispassionately, the unique perspective of each of the actors in the scene. When she was no longer bound by the confines of her own identity, she could see the other students, her parents, and the teacher clearly and with detachment. Just witnessing the drama without judgment led to a transcendent experience of joyfulness and freedom.

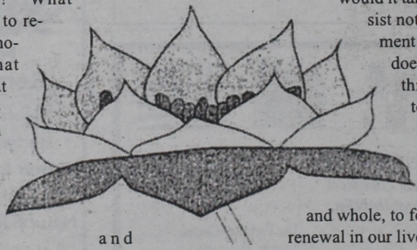
Another client was having trouble with a friend. He sought assistance for a frustrating relationship problem in which his negative belief about himself had come to be, "I'm not good enough" because, try as he would, he could not convince his friend to get the help he needed. In the course of processing he was able to have a felt sense of profound calm and unaccustomed equanimity. He experienced a compassionate acceptance of his friend that allowed him to understand that he was just moving at his own pace and nothing had gone wrong. The solid knowingness he felt in that experience carried over to the way he was able to talk with his son that evening, and they had a very healing conversation that to this day they both refer back to as a turning point in their relationship.

> Our thoughts create our reality, so being aware of our inner dialogue is extremely important. How can we hear the sacred whispers if our own mind is constantly in the way?

Eye movement desensitization and reprocessing was originally discovered and developed as a treatment for war veterans with PTSD (post-traumatic stress disorder). Now it is widely used in a variety of situations, from performance enhancement to an increased capacity for transpersonal awareness.

The gentle, dual-attention stimulation can be done with eye-movements, tones or tapping. EMDR helps the brain get reorganized. It has the effect of transferring difficult experiences to a different part of the brain so that they do not carry as much emotional charge with them. It is similar to the healing capacity of REM (rapid-eye-movement) sleep when we process the day's events through dreams. We come to move toward life rather than getting helplessly sucked back toward the trauma. It doesn't mean we forget about the experience, but it is remembered with greater ease and more distance.

As we recover from big T and little t trauma, new and far more important questions arise. What would it mean for us to love and accept ourselves deeply and unconditionally? What would it mean for us to accept our own power, to take responsibility for our own inner state? What would it take to be in the flow all the time, to resist nothing, to make a moment to moment choice to live in that state? What does it mean to live spiritually at this time and how does that extend into the future? What vision do we want to have for our lives and for the planet?



We all have a need to be healthy and whole, to feel a sense of pleasure and renewal in our lives. We have a need to feel that anything is possible and that we could be freer, more authentic, and more connected to others. When we wonder how these needs can ever be met and what is holding us back, it's good to know just how effective EMDR can be in producing real change both in our daily lives and on our spiritual path.

Matruka Sherman, ACSW, is a psychotherapist in private practice in Ann Arbor and is certified in EMDR. She has been involved with and has taught meditation for 27 years.

Healthy Eating, Healthy Living – The Living Foods Way

By Petula Curry

Encircled by the rustic beauty of tree-lined paths and subtle hilltops, the Assembly of Yahweh Wellness Center in Eaton Rapids is a respite from tension, frustration and anxiety. The environment is well suited to the Center's goal "to help people from all walks of life to recover their health and vitality through the Living Foods Lifestyle. We are teaching self-sufficiency, so you can fully take responsibility for your own well being." The intimate three-bedroom, two-bath house owned by the Assembly of Yahweh has been transformed by the vision of Hiawatha Cromer, the long-time Program Director and lead culinary resource of the Creative Health Institute in Hodunk, MI. "We provide a homey, family style atmosphere and can address the specific needs of each guest," comments Cromer. The Center also provides hookups for self-contained campers if visitors have mobile accommodations. The Wellness Center is non-denominational and is affordable to a board spectrum of potential participants.

The Center aims to help visitors become students of the living foods philosophy. New visitors learn about the value of "simple, high-enzyme, high-nourishment foods" and how they can be adopted within one's lifestyle by attending one- to three-week residential educational programs as well as weekly classes. Programs included in the two-week residential program include daily two-hour sessions on various topics such as "Enzyme Nutrition," "Colon Health," and "Transitioning to the Living Foods Lifestyle." In addition, according to Cromer, "participants are expected to help with food preparation to become comfortable with menu planning in anticipation of their return home." Often students are not familiar with raw food options. "Most think in terms of the traditional tossed salad. They are amazed…that living foods can be prepared in a variety of ways, can be attractive and tasty," states Cromer. Visitors already familiar with living foods techniques can use the Center for unstructured self-study "rejuvenation retreats." In addition, visitors can support the Center's objectives via "energy exchange" scholarships by participating in internal projects in exchange for room and board. Projects typically available include organic gardening, housekeeping, maintenance, marketing and office management.

The agricultural setting of Eaton Rapids is ideally suited to support the Center's educational programs. The eighty acres surrounding the Center are home to a variety of wild edible plants like nettle, red clover, dandelion and alfalfa. In addition, the Center maintains an organic garden and local farmers cultivate organic carrots, beets and lamb. The Center grows its own wheatgrass, buckwheat and sunflower greens and various sprouts to complement the fermented foods served as part of the "'Dr. Ann's' Living Lifestyle program." Calming sunsets, brilliant starlights and tranquil walks promote an introspective wellness that facilitates the educational process. However, visitors can also venture into Williamston, just thirty minutes away, to shop for antiques or visit East Lansing (a 20-minute drive) to visit local health food stores.

Hiawatha Cromer, Program Director of the Creative Health Institute.

While there are opportunities to explore communities beyond the Center, activities and amenities associated with its educational programs can fully engage students. In addition to the nutritional classes, participants can broaden their experience to include outdoor walking time, relaxation exercises, stretching classes and massage sessions. The Center also maintains a library of wellness-focused books and videos for participant use. However, students should be prepared, with the help of Center staff, to establish a routine of "regular sleeping and waking habits, regular exercise, good-quality nutrition, various methods of detoxifying and rejuvenating the body and a positive mental attitude" to build the foundation of an effective living foods practice. "Rules of the House" help foster a healthful environment and include daily quiet time (10 PM to 6 AM), daily exercise sessions (7AM), scheduled hour-long meal-serving periods, limited access to "outside entertainment" (network/cable television, radios not allowed or available) and no access to non-living food options (cooked/processed foods, alcoholic beverages, recreational drugs and smoking are not permitted at the Center).

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Adventures in Synchronicity
Lessons from Deepak Chopra's New Book

By Claire Crevey

My shiny new blue Subaru was parked peacefully in a Citgo parking lot in Dayton, Ohio one sunny afternoon when a sixteen-year-old girl named Krystal backed her grandparents' Buick into the driver's side door. Hence, on a gray, rainy morning in October, I found myself driving to a body shop in Ypsilanti for a repair estimate, red-orange leaves stuck to my windshield, listening to the Diane Rehm Show on National Public Radio. Ms. Rehm was interviewing Deepak Chopra, founder of the Chopra Center for Well Being, about his latest book, The Spontaneous Fulfillment of Desire.

> …Dr. Chopra described each life form on this planet as a node of light blinking on and off in an interconnected web of consciousness, but we perceive only the on spaces, not the off spaces. Off spaces manifest in the silences between words, our periods of sleep, and the pauses in pieces of music. We rarely pay attention to the off spaces in any aspect of life, experiencing instead an uninterrupted stream of events.

Dr. Chopra's book explores coincidence, and throughout the NPR interview, he related stories about extraordinary synchronicity. For example, the singer Annie Lennox recently told Dr. Chopra that John Lennon had appeared in a dream and counseled her to follow a new direction with her music, advising her to write powerful lyrics because they can move people and change the world. Consider the song "Imagine," he urged. Ms. Lennox wasn't sure whether or not to act on the advice. While she was speaking with Dr. Chopra, her young niece kept asking to go shopping until the singer grew frustrated and told the girl to go sit down. The girl plopped down on a remote control that flipped on the television to John Lennon singing "Imagine." Annie Lennox took the hint, and her music has since changed.

Man, I thought as I drove down US-23, that stuff never happens to me. I used to notice extraordinary coincidences all the time, but the last year of my life had been a dark, confusing period during which much of my consciousness of synchronicity in my life had slipped away. Still, as I sipped my steaming yerba mate, I sent out a little, hopeful wish. If I could create a coincidence in my life, if I could have my desire spontaneously fulfilled, I would wish to see Deepak Chopra speak. His words were exactly what I needed to hear that morning, soothing as honey on a sore throat.

The wish was a long shot, of course. Dr. Chopra traveled all over the globe, hobnobbing with celebrities like Barbra Streisand, Annie Lennox, and Nobel Prize winners. Right now, he was broadcasting live from Washington, D. C. When, and why, would he come to Michigan?

I parked my car and stepped into the body shop, where the mechanic told me my car needed $2,700 worth of repairs. I pulled my hat over my ears and trudged back to the parking lot under a misty rain. The Diane Rehm Show had ended. I wasn't sure I wanted to listen to Terry Gross talk about Israel and Palestine, but I left on the radio anyway. After a few minutes, during a break in the program, an announcer stated that Deepak Chopra would be speaking in Warren, Michigan tomorrow night at seven p.m.

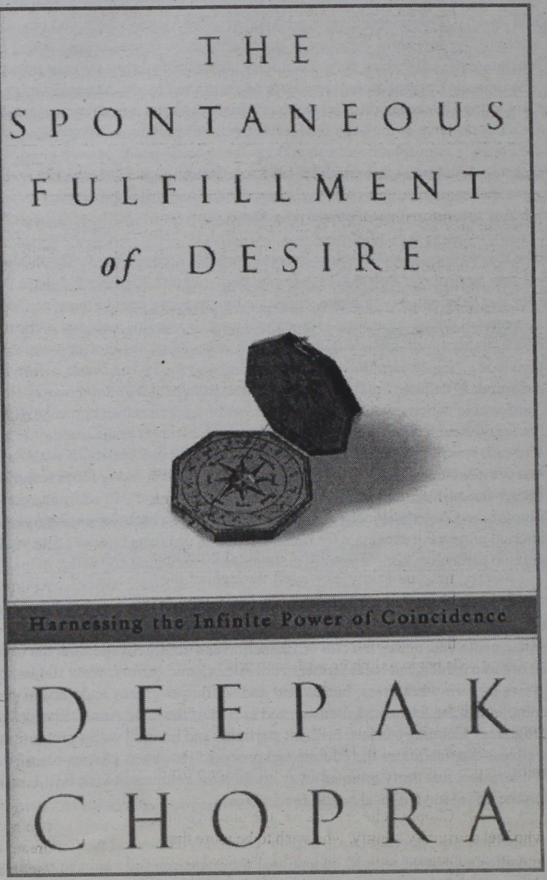
I caught my breath. Warren was fifty minutes away. What was I doing tomorrow night? Nothing. I didn't have to be anywhere? No.

When I returned to Ann Arbor, I visited the website the announcer had given for ticket information. Tickets cost forty dollars. Normally, I wouldn't spend forty dollars on a talk. I wouldn't drive fifty minutes to get there, either. But honoring coincidence was exactly what Dr. Chopra had been talking about. When synchronicity happens in your life, he said, go with it. Shell out the forty bucks. Fill up the gas tank and take a drive to Warren.

So I did. The talk took place at Renaissance Unity, a non-denominational church on Eleven Mile Road, and the place was packed. The last time Dr. Chopra had spoken there, he told us, was on September 11, 2001. He had stayed in the same hotel, where a small group of guests had gathered in the gym to watch television for news of the attacks. When he arrived at the hotel the second time, Dr. Chopra returned to the gym and said a prayer for the people who had died or lost loved ones on that day two years before.

On the way back to his room, which was, coincidentally, the same room he had been assigned the last time, he met a man who had joined the group in the gym on September 11. Dr. Chopra asked him if he stayed in the hotel often, and the man said he had never lodged there, but this was his second visit. He lived in Geneva, Switzerland, and was visiting his sister. On September 11, he had been biking by the hotel and had heard about the attacks, so he stopped inside to find a television. This time, he had been driving by, and the sight of the hotel reminded him of his previous visit. He came inside to say a prayer in the gym for the people who had died or lost loved ones on September 11. "Such a coincidence," he said. "There must be some reason why we're meeting…"

This was the first of many stories of synchronicity, or "conspiracies of improbabilities," that Dr. Chopra related over the next few hours. Many stories were even more unlikely and complex. Dr. Chopra believes that we ourselves cause such conspiracies to happen through our intentions.



Dr. Chopra describes intention as a force in nature. Through the sheer force of our intentions and desires, we can cause events that are seemingly beyond our control to happen in the external world. This is possible, in part, because the external world isn't really external. All beings are "interbeings" connected to one another in the "interisness" of life. We share a universal consciousness with all life, and our intentions and desires flow beyond our small, individual minds into the greater, interconnected mind. As long as your intention harmonizes with your soul's deepest desires, "external" manifestations of the universal mind will assist in the spontaneous fulfillment of your desire.

Why must your intention resonate with your soul's deepest desires? Because the gateway between your individual mind and the all-pervading consciousness is your soul. Thus, in order to access the universal mind, you must first know your soul. The most fundamental and effective way to access the soul is through meditation, in which we silence the chattering, egocentric mind that normally distracts us from our souls with an endless cycle of thoughts.

> In one year's time, the human body completely regenerates itself. It replaces its kidneys, liver, skin, hair, and eyes. The skeleton comes and goes, as do the brain, heart, lungs, and intestines. "The last time I was here, you saw the 2001 model of my body," Dr. Chopra said. "This is the 2003 model." He paused. "I hope that is scientific proof of life after death."

Dr. Chopra compared the universe to a movie. When we watch a movie, we perceive a steady, seamless progression of events, when in actuality, we are witnessing a succession of individual still pictures. Between each picture lies a space, but the images move so quickly that we don't discern the spaces. Likewise, each life form on this planet is a node of light blinking on and off in an interconnected web of consciousness, but we perceive only the on spaces, not the off spaces. Off spaces manifest in the silences between words, our periods of sleep, and the pauses in pieces of music. We rarely pay attention to the off spaces in any aspect of life, experiencing instead an uninterrupted stream of events.

Our minds blink on and off as well, but we perceive a seamless continuum of thoughts. What exists in the spaces between our thoughts? What do we find when we quiet our minds in meditation? In those off spaces of the mind lies the soul. When we die, what happens in that off space? The soul has simply flickered off. It will return to the on space of life, continually blinking on and off in accord with the rest of the universe.

Through the soul-awareness we develop in meditation, we can increase our nonlocal consciousness, which is our ability to witness and live from the greater mind instead of just the local, individual mind. Through nonlocal consciousness, we create coincidences in our lives. We break through our assumption that we can only be actors in a play called life and realize that we can write, direct, and produce aspects of our lives that were seemingly beyond our control.

We are far more powerful than we tend to believe. In fact, we are essential to the very manifestation of all existence because the universe cannot exist without a perceiver. There is no such thing as the objective world because material things are too ambiguous and fleeting. It is the perceiver, you, wherein creative power truly lies, for as many versions of reality exist as there are beings who perceive it. Synchronicity occurs because we express the creative power of the universe through our intentions and desires.

To illustrate the shapeless, unstable nature of the material world, Dr. Chopra explained that his body was not the same one that visited Renaissance Unity in 2001. In one year's time, the human body completely regenerates itself. It replaces its kidneys, liver, skin, hair, and eyes. The skeleton comes and goes, as do the brain, heart, lungs, and intestines. "The last time I was here, you saw the 2001 model of my body," Dr. Chopra said. "This is the 2003 model." He paused. "I hope that is scientific proof of life after death."

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Dr. Chopra is applying his research on intention and nonlocal consciousness in a project called the Alliance for the New Humanity. The idea for the Alliance sprang from a scientific explanation of the transformation of caterpillars into butterflies. The caterpillar reaches a stage in its life when it becomes voracious and eats much more than it needs. Its body grows disfigured and grotesque, and its cells turn unhealthy. Scattered throughout the caterpillar's bloated body lie a few cells that scientists now call imaginal cells.

As the caterpillar's body deteriorates, these imaginal cells begin to link up with each other. When they reach a critical mass, a mutation occurs that contains the genetic code for a butterfly. Before the imaginal cells connect, that code does not exist anywhere; the cells must join to bring it into being. The imaginal cells now use the unhealthy, decomposing cells as a nutritive soup from which to create a butterfly.

Dr. Chopra believes that we, the human beings who feel spiritually hungry, who wish to be more than human, are imaginal cells in the world. We need to connect with each other to create the critical mass that will allow us to evolve as a species into our next stage. We will use the corporate fraud, the wars, the corruption and destruction in the world as our nutritive soup from which to evolve a new planetary mind. The Alliance for the New Humanity is a network of people who consciously intend this evolution. You can join the network and help it reach critical mass by visiting www.anhglobal.org.

In The Spontaneous Fulfillment of Desire, Dr. Chopra outlines daily practices and affirmations for developing our awareness of the universal mind and thus improving our ability to create synchronicity in our lives. By following these practices, Dr. Chopra believes we can not only enrich our own lives but also change the world.

Dr. Chopra concluded his talk with the thought that there are three basic ways to change the world. The first is activism, he said, which works sometimes. The next is humanitarianism, which works better. But the best, most effective way to change the world is to work on oneself. As Gandhi said, you must be the change you want to see in the world.

Dr. Chopra's book empowers and uplifts. It reminds us that the universe takes care of us, is in fact inseparable from us, even when it doesn't seem that way. Accordingly, I would like to thank Krystal, the sixteen-year-old girl from Dayton, Ohio who backed into my car, for setting in motion the events that led me to listen to NPR one rainy October morning. I can't think of anything kinder she could have done for me.

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A Birthing Center for the Human Spirit

By Helen Slomovits

I have a vision of a birthing center for the human spirit:

- a place where people can come to explore their creativity – to touch their own heart and to listen to its call.
- a place where people of all ages can play together — with rich colors and fun materials, using handwork, movement, sound and words
- a place where you can explore crafting a connection to your creativity within a safe community.
- a place of networking, collaboration and mutual support
- a place where we help each other grow our dreams and then, baby-step by baby-step — or in leaps and bounds — with love, delight and gentleness, we realize them.

I call it SAP – Sustainable Alternative Power – tapping the nuclear force of the heart and learning to live from the inside out. This is radical in the original sense of the word: "Radical" comes from the Latin meaning, "having roots". Webster's defines it as "of, or from the roots, going to the center, foundation, or source of something; fundamental, basic."

What if we actually started to live by moving towards our deepest dreams instead of away from our fears? What if there were many of us doing this, supporting each other? Many people have been doing profound transformational work for years; now is the time for this inner work to take outer form. SAP is rising! Now is the time to come together to support each other in the realization that we do manifest our reality. We can choose to fashion a new one from our hearts — a reality whose breathtaking beauty, generosity, enjoyment and fun will truly create a life worth living.

We can create a life that nourishes us instead of draining us. And one of the keys is in connecting with each other —giving and receiving support to make space in our daily lives for our heart's yearnings to be heard. Through this connection to each other, and to our own SAP — Sustainable Alternative Power — we can realize that, while there's no one place to get to, or one way to get it "right", there is a whole life to wake up to and relish, and much inside our hearts that wants to be given expression.

At this birthing center for the human spirit, in the same way that we'll experiment with the materials of the "arts" (paint, words, music, steps), we will experiment with our beliefs: we'll examine them, choose the ones we want to keep, and let go of the ones that limit, block or bind us.

Here is one way we could start: Interested people could meet informally to do handwork, or dancing, or singing together, supporting and sparking each other's creativity – a collective of creative spirits. I envision all ages welcome and participating in different ways. From this, classes could evolve; how to break through blocks and limiting beliefs, how to find balance as you follow your creative dreams, — or whatever people want to teach or learn. I envision creative collaborations sprouting as we "pollinate" one another. But this is all to be dreamed and created together by whoever wants to contribute their energy, inspiration, time and enthusiasm.

I'm inviting you to respond in any way you feel moved. I know that many people have their own versions of this dream or a similar one, and many have already created aspects of this. I long for a group of fellow "manifesters" and "actualizers" and a space where people can come to play, to laugh, to search, to create, to collaborate, to network. *If* this speaks to you – please contact me. A group as small or as large as responds will start meeting in January to brainstorm and start creating a vision. I'd love to share the journey with you.

And there are many ways to be connected – visioning, skills in any of the arts, business experience, administrative skills, fundraising, non-profit experience, an idea — as much or as little time as you have — if you feel drawn to this dream, please connect. There will be no shoulds or judgments in how people participate. This has to work organically and from the heart every step of the way. I believe that now is the time when it's possible to create what our hearts truly want. SAP is rising!

I invite you to join me in taking the next step together! We can start in living rooms, basements, schoolrooms. We're not rushing to an end goal, but it is time to step into our hearts and join together to create our dreams. And if you just want to be kept informed of what is developing – that's great too – just be in touch.
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Excerpts from the New Cookbook by Linda Diane Feldt: *Spinach and Beyond - Loving Life and Dark Green Leafy Vegetables*

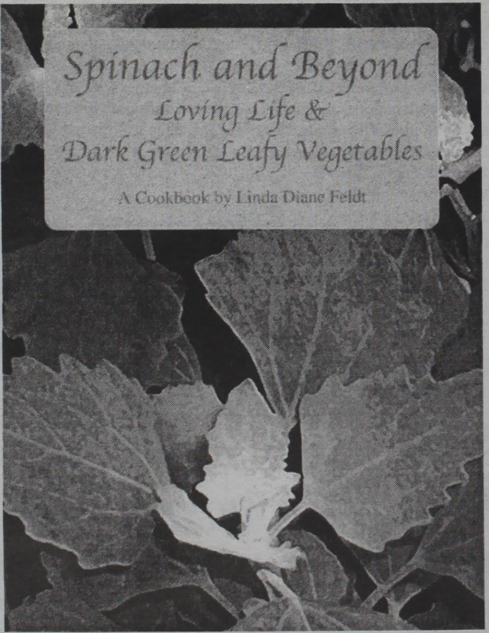
Linda Diane Feldt has been a great friend of Crazy Wisdom Bookstore for many, many years. She is a pillar of Ann Arbor's holistic community, and she is an important force for high standards within that community – she is highly ethical, very knowledgeable, and deeply committed to being an educator and a healer. We're honored to be publishing excerpts from her new cookbook, ***Spinach and Beyond – Loving Life & Dark Green Leafy Vegetables****.*

Linda has maintained a full time private practice in integrated holistic health for more than two decades, and her work includes Polarity Therapy, Cranialsacral Therapy, massage therapy, and herbology. She is currently the President of the Board of Directors of The People's Food Co-op.

Enchanted with plants

My parents were gardeners. We always had herbs, vegetables, flowers and trees that we planted and nurtured. I knew where tomatoes came from. I helped put manure on the plants as a young girl. I grew up playing in open fields and meadows. My mother was passionate about wild flowers. She wasn't a very active person, but in the spring she came to life and we would take numerous hikes to see her favorite wild flowers. I learned them well enough that I could lead hikes for the Brownie and Girl Scout troops. I loved the plants so much that when my favorite open field was threatened with development I organized my friends to stop it. I was just ten years old, and that victory helped set me on my path. Nature was preserved.

Although the plants were a part of me, there was a disconnection about plants as food. We had vegetables every night for dinner, and some did come from the garden. But when I was growing up our salads always tasted the same - iceberg lettuce, peeled cucumber slices, wedges of tomato, and bottled dressing. The vegetables were equally bland. Every night my mother would pull a square box of frozen vegetables from the freezer - most often broccoli, peas, or corn (with the occasional lima bean or something equally exotic). She had a small eight inch square casserole dish, she would put a half inch of water in the pan, a pinch of salt, add the frozen vegetable that fit the pan exactly, and cook it on the stove top. That was vegetables for five.



After I left home I became a vegetarian. There were a few problems with my initial embracing of vegetarian concepts. First, the rejection of a whole category of food is not the basis of a good diet. There has to be more to it than that. Second, my creativity with cooking reverted to early training - to make it exotic and interesting melt cheese on it. I really had no idea what vegetarianism could be. The idea of a "plant based" diet was still a foreign concept to me. The vegetarian roommate who inspired me to change ate tofu and peanut butter sandwiches for nearly every meal. Not the best role model.

Luckily, I lived in a community of people who knew more than I did. I joined the Ann Arbor People's Food Co-op (PFC) in 1980. Like so many Co-ops around the country the PFC has always been an inspiration for good health, good food and, of course, debate about what should we eat and what are the consequences of doing so. In every part of town there are stores where fabulous produce is available and more and over time more of it is also organic.

In 1981 I lived for two months in a vegetarian community on Orcas Island, near Seattle Washington. While doing work exchange in the kitchen, as well as eating three meals a day of inspired vegetarian food, I began to understand how to bring green plants to life - so that they were truly enjoyable to eat. The kitchen staff was aware of the atmosphere, and kept things positive and fun.

My education took a big leap when I met herbalist and author Susun Weed. Through Susun, I reconnected with the wild plants of my youth and found out that many of them were food! Incorporating "weeds" into my diet seems like second nature to me now, and indeed I think it is a natural thing for all of us. We've just been trained out of it.

Once I learned about the abundance of wild food around me my choices for vegetables and greens exploded. Now, when I see a lawn seeded with dandelions, with plantain in rosettes, chickweed visible with tiny flowers, and other greens poking out through the monotonous grass I think YUM! Luckily, more and more people are now realizing that basic simple nourishment is everywhere - literally growing at our feet.

Photo by Linda Lawson

Nourishment and Transformation

The nutritious green plants that surround us are a minor miracle. They contain nutrients critical to preserving our health. Calcium, for example, is something we can't live without. It is in every green plant. Carotenes, antioxidants, minerals, they are all there in quantities that have a significant positive impact on every aspect of our health. These are foods that truly fight disease, and help to preserve our health.

Nourishment can be the most challenging gift we give to ourselves. So much of what passes for healing is actually closer to punishment. People focus on what is bad for us, rather than what helps. Even the rather advanced concept of disease prevention and wellness is more about what to avoid rather than what to take in. We're bombarded with scary stories, ominous research, and cautionary tales.

The choice to include dark green leafy vegetables is practicing nourishment at a very simple and basic level. They taste good, it feels good, and your body responds in a positive way. And when you choose to nourish yourself, you're choosing life. A longer, healthier, happier life.

When you have the experience of being surrounded by healthy, life giving, good tasting plants, the world is a more friendly and supportive place. The adventure of finding wild food is a connection with the earth that so many people have lost, and crave at a very deep level. The simple act of regularly adding dandelions to your salad connects you to the seasons, to the environment around you, to awareness of who is poisoning their lawns and who is nourishing their environment. When you spend time picking dandelions, you're out in the yard, like you were as a kid, noticing what is at your feet, letting your mind wander perhaps a bit more than usual.

It is very simple, and potentially very transformative.

Developing a Philosophy

For more than thirty years I have carefully asked questions and listened to people talk about their dietary choices. What I hear, overwhelmingly, is what people are trying to avoid, trying to cut down on, trying to eliminate. It is a rare case when someone responds to my questioning by describing what they love to eat, what nourishes them, and the good parts of their diet.

What to eat, what to avoid, what to minimize, are topics of extreme passion for some, confusion for others. My observation from thousands of interviews is that most people carry massive guilt about food, and only achieve their ideals by punitiveself-control. Some indulge in self-righteousness, some in appalling denial.

From all of this listening, studying, my own research and careful consideration I've learned what is the "best" diet. It is to eat more nourishing food. Focus on adding healthier food and the rest more easily falls away. And what food is most needed, most desirable, most nutritious, and most ignored by so many? Dark green leafy vegetables.

What we choose to eat reflects our experience with food as kids, where we live in the world, our finances, our free time, the season of the year, our inborn tastes, if we're eating with other people (especially kids) and trying to address their needs, +special dietary needs due to health challenges or disease, our emotional health, and even as personal an issue as how well and how long it takes us to digest food.

There will always be a continuum of lifestyles and choices.

Gain knowledge

Compared to even a few years ago, there is a wealth of scientific knowledge we can learn and use. Nutrition is now gaining recognition as a vital factor in disease prevention and health maintenance. We need to read between the lines on articles and reports of nutritional findings. Otherwise they will only create more confusion. There are so many sources for good information, beware of those who are selling just one approach and their own line of "must have" products. Both short and long term benefits are important as many approaches give an immediate boost that doesn't last.

Nutrition is also nothing new. There is a lot of wisdom in returning to earlier knowledge and understanding of what is good to eat. Unprocessed food, grains, wild greens, local food, and eating in season are not new ideas but rather how we developed and evolved over thousands of years as human beings. The last fifty years have brought radical and unprecedented shifts in diet and consumption, with no accompanying change in our ability to adapt.

Never before has diet been so driven by advertising. Never before have food choices been so broad including overwhelming amounts of sugar and fat. These offerings are designed to capitalize on our innate need for energy to survive when times are lean, not every day for months and years on end.

We have gained knowledge of modern food safety and lost knowledge of some of the traditional basics of simple food.

Practice nourishment

For many people it is a complete reversal of the thought process to consider what nourishes their body, rather than fighting to eliminate what harms. It takes practice to continually (and soon habitually) choose healthy food that deeply nourishes the body.

How could a "health" regime that emphasizes purging, cleansing, and seeming punishment be healthy? On every level, we crave nourishment. With nourishment our bodies can heal and function optimally - taking care of the cleansing, balancing and health building we need. Our bodies function well when they are nourished.

Gain Awareness

What we eat has an immediate effect on how we feel. Our bodies need constant nourishment, and the immediate and long term affects of dietary choices will become apparent. Simple awareness of what we eat, when we eat it, and how we feel afterwards, will provide you with abundant information and feedback so that you can make good choices.

Awareness also extends to the impact of farming and agricultural practices around us, and around the world. What are the true costs of having raspberries in February? What impact does exportation of food have on some of the more fragile environments? What happens when farm animals are routinely fed antibiotics? The questions and possible areas of concern may feel overwhelming.

Greater awareness allows for greater participation, authentic feeling, motivation to work for change, and the ability to make better choices.

Have compassion

We're not perfect beings, and our choices are not always the best. Viewing the world with compassion allows us to experience peace. It takes practice, it takes patience. It even takes commitment.Food and food politics are subjects we encounter every day, all day long. Every time we eat, every time we see a commercial, every time we shop we are confronted with food, and even our entertainment revolves around food. During emergencies food is one of the immediate needs. Any disruption of farming and distribution can lead to a crisis. Food is constant and it is overarching.

Which means the opportunity to practice compassion, understanding, and acceptance of our choices and the choices of others is also constant.My experience is that compassion goes further in helping us make better choices than guilt, fear, and punishment. And if you mix in some fun, laughter, and pleasure - anything is possible.

Make connections

Connections with food can be made at many levels. Maybe it is who cooked it for you. Maybe it is a meal that simply includes your favorite foods. You may have the luxury of knowing the person who grew the food, or you may have picked the fruit yourself, or found the greens on a walk through the woods.

It's all about connection. The stories, the knowledge, the background, all add substance to what you eat. When food comes to us from places unknown, unseen, and unfelt we have lost a part of what can be truly special and fun about what we consume. Maybe you can reclaim it by making it into a favorite dish for someone. Better yet, find out something about how it was grown, who has been a part of the process, and how it came to be on your table.

Connecting with our food, knowing the source, even to the point of being involved in the growing and harvesting and preparing and finally eating, is a part of what we as humans have always done. It feels good to return to that.

Set priorities

Many people try and make abrupt, total, and radical dietary changes all at once. It is a style that only works for a few people. For most of us, finding one or two top priorities, focusing on those, and having compassion for the rest, is more likely to succeed. For many of my clients and friends, the simple priority of adding more dark green leafy vegetables to their diet has been a great start to more healthy and enjoyable eating.

The great thing about adding to your diet (rather than withholding or withdrawing) is that it feels good, and the things that aren't as good for you often just fall away. Your interest in sweet, salty, fatty foods may decrease when you are really happy and satisfied with a pile of tasty greens.

When you set a few priorities, rather than total and sudden change, you increase the chance of success, and the positive reinforcement that it brings.

What we eat does matter

Our diet affects our health. Some of us are more vulnerable to poor dietary choices than others. Some of us truly need "dietary recovery" to bring us back to health, or to slow the progression of disease.In nearly all cases, the addition of dark green leafy vegetables will be of benefit. The rest of the puzzle - all the questions about what to eat and what to avoid, how to tailor your diet to your best health - are beyond the scope of this book, and much too individual to be able to adequately cover in a few hundred pages.

How to get more individual help

Dietary questions are unique, just as dietary preferences should be. There is no one right approach, or person, for all questions. You're more likely to get help from someone who has more than one approach, who listens to and respects your values, and is not simultaneously giving you advice and selling you the solution. Merge science and evidence with your gut feeling, and know that you're not alone in needing more help.

- Your concerns may be in the scientific, factual nutrition realm. A nutritionist or dietician may be the answer.
- You may have a physical problem causing digestive problems. A medical doctor or other health professional should be consulted.
- Your problem may be behavioral, or emotional. A therapist, especially one knowledgeable about eating disorders, may be the best option.
- You may have philosophical or value questions about your diet. These concerns may be best addressed by talking with friends, spiritual advisors, exploring ideas through lectures and workshops, or by reading.
- Your problem may be one of finding the right foods, and learning about what is available. Your local co-op, natural foods store, farmer's market, or mail order catalogs for natural foods may all be resources.
- You may be looking for more good recipes and inspiration. Look for social groups organized around certain food choices, or start a dinner group of your own. If your local newspaper has a recipe column, ask for help there. Cooking classes are widely available, and are even being offered at hospitals and health centers.

Recipes

Nutty greens

Serves: 4

Time: 20-30 minutes for greens to cook, 10-15 to prepare the nut sauce

Type of dish: side or possible light main dish

Equipment: food processor

Leftovers: reheats well, do not freeze

Ingredients: 2 bunches or two packages frozen greens, 1 cup nuts (see list), feta cheese, vinegar

Steam or boil 2 bunches greens, washed and cut or torn into bite sized pieces. Or use two packages frozen greens, and omit washing and cutting.

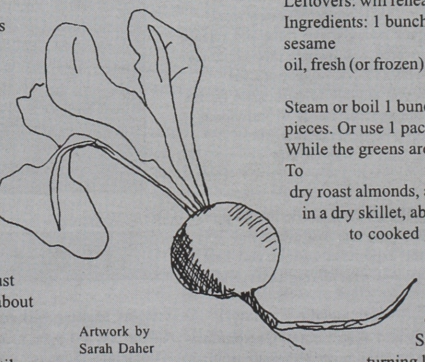
While they are cooking dry roast 1 cup of chopped nuts. In order of preference, I like pine nuts, walnuts, pecans, hazelnuts, cashews, sunflower seeds, peanuts. You can also combine some of these for a more exotic taste.

Dry roasting requires a heavy bottomed skillet, cast iron is perfect.

The skillet is heated, nuts are added with no fat or liquid. You must stir constantly, and use a fairly high heat. Most nuts need only about 1-3 minutes to roast nicely and bring out their flavor.

Let the nuts cool slightly but while still warm place into a food processor. Add 6 oz. crumbled feta cheese. Pulse them lightly, until they are slightly chopped, and feta is distributed. Add 1 T vinegar (balsamic, red wine, or herbal) and 1 T water. Pulse once or twice just to distribute the liquid.

Mix with warm greens and serve.



Artwork by
Sarah Daher

Greens with Almonds and Ginger

Serves: 2

Time: 20-40 minutes to cook greens, 5 minutes to make sauce

Type of dish: side

Equipment: basic, cast iron skillet helps

Leftovers: will reheat, use within a day.

Ingredients: 1 bunch fresh or 1 package frozen greens, almonds, sesame oil, fresh (or frozen) ginger root

Steam or boil 1 bunch greens, washed and cut or torn into bite sized pieces. Or use 1 package frozen greens and omit washing and tearing. While the greens are cooking dry roast 1/4 cup of almonds, chopped. To dry roast almonds, a cast iron skillet is preferred. Stir on high heat in a dry skillet, about 2-3 minutes, until lightly browned. Add nuts to cooked greens.

With the skillet still hot, add 2 T sesame oil. Add about 2 inches of fresh ginger root, peeled and sliced thin, then diced.

Saute on medium heat until fragrant and just turning light brown, stirring constantly. Add to greens.

Ginger root can be frozen, as is, and easily peeled and chopped without thawing. I don't even put it in a container and it keeps fine for months.

The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Shiatsu at the Ann Arbor Institute of Massage Therapy with Prema Smith, Kiera Harrison and Hannah Brown • April 16 and 18, 8:30 a.m.-5 p.m. each day • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. In class, the student will learn basic oriental philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work. $350. 2.1 CEU's. Call 677-4430 ext. 23 or fax 677-4520; info@aaimt.edu or www.aaimt.com.

Angels

In the Presence of Angels with Lorna Brown and Gloria Marshall • Feb. 7, 10 a.m.-4 p.m. • Angels have been a part of the recorded history of most spiritual philosophies and traditions. Who or what are they, and how do they possibly interact with us? Come and explore historic and present-day ideas about them. $45. Call Gateways Center for Life Enrichment at 734-332-4666.

Standing in the Wings: Talking To Your Angels with Shala Kilmer • April 10, 10 a.m.-3 p.m. • Get messages from the angels through Shala's channeling and learn to let your angels talk to you directly. Shala will channel angels who will answer your questions about work, romance, health, finances and your life's purpose. Then you will get a chance to communicate with one of your angels in writing. $70. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Animals & Spirit

Conscious Spiritual Partnership with Your Pet with Alana Martin and Anne Carbone of Temple Academies-Michigan • Mar. 8, 7-9 p.m. • The animals who live with us are spiritual beings in their own right. They have chosen to partner with us for mutual growth and development. This class will explore a variety of methods for consciously and actively fostering that relationship. In addition, participants will receive hands-on samples of a variety of energy frequencies offered by Temple Academies that support personal and spiritual growth. $15. Call 734-355-1890; templeacademymi@aol.com.

Energy Healing with Animals with Ray O. Golden through Center for Intuitive Health • Feb. 28, 9 a.m.-6 p.m. and Mar. 1, 7-9:30 p.m. or April 24, 9 a.m.-6 p.m. and April 26, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend class. For cost, call 663-9724; intuitivehealth@aol.com.

Basic Wildlife Rehabilitation Workshop with State of Michigan Licensed Friends of Wildlife Trained Rehabilitators • Mar. 6, 9 a.m.-1 p.m. • This is an introductory workshop for adults interested in learning the proper techniques necessary to raise and release native orphaned wildlife (mammals and turtles). Topics covered will include immediate care procedures, feeding, housing and release of wildlife, as well as DNR regulations for rehabilitators. Completion of this Basic Workshop makes you eligible to participate (at no additional cost) in hands-on training sessions covering the specific needs of individual species, after which you may be eligible to join Friends of Wildlife's network of rehabilitators. $40 with early registration discount offered. Call 913-9843; http://comnet.org/friendsofwildlife/events.html.

Animal Companion Grief and Loss Group with Patricia Fero • Thursdays, 7-8:30 p.m. • This group is designed to meet the emotional needs of one who has lost a beloved companion animal. It provides the opportunity to share the experience of love and loss with others who understand the power of this relationship. $40 with sliding scale available. Call 734-973-0817.

Spiritual Intention: Holistic Healing for You, Your Family and Your Animal Companion - Five-Part Series with Betsy Adams • Dates and times to be announced • Holistic healing and spiritual mentoring for you, your family and animal companion includes information on transition, grief, and accessing intuition. $80 for six hour sessions. For complete information, call 734-475-4230; libraries@provide.net.

Animal Human Energy Bond - Five-Part Series with Betsy Adams • Dates and times to be announced • Explore the human animal energy bond. What is it? How may we help our animal friends holistically? $80 for six hour sessions. For complete information, call 734-475-4230; libraries@provide.net.

Owning a school for the instruction of massage therapy is extremely exciting and fulfilling to me. To be able to compare each student on their first day of class when they are all afraid to approach and touch each other to how they are at graduation day is the best. Upon completion of the course the students are confident, caring, competent massage therapists with their entire careers ahead of them. Helping them each get to that point of competency and confidence over the course of a year, through the good times and the hard times is one of the most wonderful things I have ever had the honor of doing. To be able to not just watch someone grow like that, but to be an integral part of the process is extremely rewarding.

——Jocelyn Granger, Owner, Ann Arbor Institute of Massage Therapy

Art & Craft

Wand Making with Mariah Pixi Nyies through Gateways Center for Life Enrichment • Mar. 14, 1-4 p.m. • Create a tool for assisting with your everyday magic or for special occasions. Supplies will be provided, or you can bring your own if you have a favorite piece to embellish. $15. Call 734-476-5477; galacticwizard2002@yahoo.com or www.revlornabrown.com.

Rattle Making Workshop with Cori Rose Benitez • Jan. 31, 2-5 p.m. and Feb. 1, 10 a.m.-1 p.m. • Join us in a fun and sacred space to create your own rawhide or gourd rattle, with unique sound and medicine. Saturday we will make our rattles. The rawhide rattles will dry overnight and Sunday we will finish decorating the rattles and bless and dedicate them through the learning and singing of songs and chants. All materials provided. $40-$60 sliding scale. Call 734-668-2086.

Sacred Play Day Shield Making with Cori Rose Benitez • Mar. 13, 10 a.m.-5 p.m. • In a sacred space, with the joy of creative play, be supported to make your own personal medicine shield. Through allowing our inner, sometimes hidden, heart's desire to be expressed in the physical, shield making enables us to receive great clarity and support to direct our lives. All materials provided. $40-$60 sliding scale. Call 734-668-2086.

Pottery Making On the Wheel: Beginning, Continuing and Advanced with Kay Yourist of Yourist Pottery Studio • 7-week class sessions begin the week of January 14 and the week of March 3 • Pottery making classes for beginning and advanced students both on and off the wheel, meeting once weekly. $155. For complete information, call 662-4914; kay@youristpottery.com.

Divine Encounters, Earthly Pleasures: Twenty Centuries of Indian Art at The University of Michigan Museum of Art • Dec. 13-Feb. 22 • The exuberance and intensity of Indian art are abundantly evident in this presentation of more than 80 works of sculpture and paintings representing the broad regional diversity found in the vast subcontinent of India. Admission is free with $5 suggested donation. Call 763-UMMA; www.umma.umich.edu.

Masterworks of African Art: Congo Basin at The University of Michigan Museum of Art • Through May 2 • This exhibition examines the rich imagery found in the Congo River Basin in Central Africa. Admission is free with $5 suggested donation. Call 763-UMMA; www.umma.umich.edu.

Artist's Way

The Artist's Way with Jill Blixt • 12 Monday evenings beginning Jan. 19 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity, authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. This workshop uses writing, painting, collage and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes dinner and art supplies. Call 665-4577; jillblixt@aol.com.

Deepening Your Artist's Way Journey with Jill Blixt • 12 Tuesday evenings beginning Jan. 20 • Take the transformative power of The Artist's Way deeper with Julia Cameron's newest sequel titled *Walking In This World: The Practical Art of Creativity*. Continue your journey by reclaiming your sense of wonder. Through a variety of experiential activities, you will gain momentum and learn ways to actively be your own best friend. This workshop is for those who have worked with The Artist's Way and wish to deepen their creative self-exploration. $30 per week includes dinner and art supplies. Call 665-4577; jillblixt@aol.com.

12-Week Artist's Way Group with Helen Slomovits through Community Rec & Ed • Twelve consecutive Mondays beginning in February, 7-9 p.m. • *The Artist's Way* by Julia Cameron is a practical and pro-active course designed to unlock your creativity and help you begin to steer your life in the directions you'd truly love. Sharing the journey of creative recovery and discovery with others is powerful, supportive and fun - and often makes the difference between having good intentions (only!) and actually engaging in this exciting process of change and self-discovery. We will read, discuss and do the exercises together. $225. Call Helen at 665-0409 or 994-8840. Or call Community Rec & Ed at 994-2300.

Walking In This World: The Practical Art of Creativity - Further Steps Along The Artist's Way with Andrew Taylor at Crazy Wisdom Community Room • Dates and Times to be announced • This book/workshop presents the next steps in the course of discovering and recovering the creative self by inhabiting the world with a sense of wonder. Full of valuable new strategies and techniques for breaking through difficult creative obstacles, this workshop will recharge your momentum and will give your soul fuel for creating and achieving future life goals. $250. For complete information, call 669-4262 or 904-5681; drewman42@yahoo.com or drewman42@aol.com.

Astrology

Forecasts for 2004 with Raymond A. Merriman sponsored by the Astrology Study Group of Washtenaw County • Jan. 3, 7:30 p.m. • This annual lecture has been presented around the world every year since 1976. This year, he will provide one of the most unique, affordable and accurate glimpses into 2004. He will describe the political, psychological, economic and financial market conditions of the world by utilizing the studies of cycles and geocosmic factors. $25. Call Bon Rose Fine at 434-4555 or 417-5856 or Richard Smoot at 320-2783; bonrosefine@aol.com or richard@richardjsmoot.com.

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) • Jan. 11, Feb. 8, Mar. 7, April 4; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. $3, with the first two meetings free. Call 320-2783; richard@richardjsmoot.com.

Part of the Spirit and the Soul with Phil Meade sponsored by the Astrology Study Group of Washtenaw County • Jan. 25, 3-5 p.m. • The Islamic mystics, whom we call the Sufis, inherited astrology from the Greeks and Persians. In this lecture, we will pick up the part of spirit from Julius Firmicus Maternus and its association with things of the soul. We'll see how the Arabs use it and developed Sufi Lunar Mansions, which are 28 divisions of the zodiac. $10. Call Bon Rose Fine at 434-4555 or 417-5856; bonrosefine@aol.com.

Astrology and Your Money: Perspectives on Merriman's Forecast 2004 with Jim Dragun sponsored by the Astrology Study Group of Washtenaw County • Feb. 22, 3-5 p.m. • All financial markets experience ups and downs in prices. These price cycles are not random/chaotic occurrences, but are based on well-defined astrological cycles. This presentation will define some of these basic, fundamental cycles and relate them to the predictions discussed by Ray Merriman during his Jan. 3 Forecast. $10. Call Richard Smoot at 734-320-2783; richard@richardjsmoot.com.

ASGOWC's Second Spring Sunday Sampler with Laura Bollettino, Bon Rose Fine, Debra Golden, Phil Meade, Raye Robertson and Richard Smoot sponsored by the Astrology Study Group of Washtenaw County • Mar. 21, 1-6 p.m. • This mini-festival in observance of International Astrology Day and the Vernal Equinox will feature a line-up of talented Michigan astrologers presenting short lectures on various subjects. There will be something for novices and beginners as well as professionals. Topics include the Quintile, the Ascendant, the Julian and Gregorian calendars, Relationship style. Horary and Electional astrology. $15. Call Bon Rose Fine at 434-4555 or 417-5856; bonrosefine@aol.com.

Two Sets Are Better Than One with Rod Smith sponsored by the Astrology Study Group of Washtenaw County • April 18, 2-4 p.m. • I will explain why I use the Ascendant degree for one set of equal house cusps and the MC degree for another set on the same chart. I believe this house system method interprets and reveals several layers of a person's personality. The results are amazing. Includes practical examples. $10. Call Rod Smith at 434-0768; rodsmith59@earthlink.net or Richard Smoot at 734-320-2783; richard@richardjsmoot.com.

Auras

Your Aura Colors with Nancy Anne Tappe through Gateways Center for Life Enrichment • April 3, 10 a.m.-5 p.m. • Nancy sees many layers in your aura, each giving information on a particular aspect of your life. In this workshop, she will most specifically address your life color, mental color and physical color as the mainstays for understanding your life and relationships in a new way. $75 or $145 for both Saturday and Sunday workshops. Call 734-332-4666.

> "This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."
>
> -His Holiness, the 14th Dalai Lama

Author Receptions

Booksigning and Book Talk by Local Author Keith Copeland at Crazy Wisdom Bookstore • Saturday, February 7• Booksigning: 3:30-4:30. Book talk: 4:30 p.m. • "Designing the future of your dreams" will be the focus of Keith Copeland's session. Copeland is the owner of the Ann Arbor Quest Center, a martial arts school. Keith will read from his book, *The Path To Yourself*, which is designed to help the reader find their deeper, truer self. Keith will also lead the group through experiential exercises to help them gain greater insight into themselves and their future. Free. For more information, call Crazy Wisdom at 665-2757.

Author Talk and Reception: A special book talk by Barbara Brodsky, guiding teacher of the Deep Spring Center in Ann Arbor • Feb. 14, 4 p.m. in the Crazy Wisdom Tea Room • Barbara Brodsky's book is entitled *Presence, Kindness and Freedom: Aaron's Teachings on Living from an Open Heart*. Aaron is the spirit Barbara channels. She will be reading from the book, talking about the book and also talking about her recent journey to Brazil, where she lived for three weeks in a community founded by a Brazilian healer and shaman. She will take questions from the audience. Hors d'oeuvres and sweets will be served.

Author Readings at Shaman Drum Bookshop • Beginning at 8 p.m. • For more information, call 662-7407.
Feb. 2: Alice Flaherty, author of *The Midnight Disease: The Drive to Write, Writer's Block and the Creative Brain*
Feb. 3: Max Barry, author of *Jennifer Government*
Feb. 4: David Potorti, author of *September 11th Families for Peaceful Tomorrows: Turning Our Grief Into Action for Peace*
Feb. 5: Stuart Dybek, author of *I Sailed with Magellan*
Feb. 10: Debra Dickerson, author of *The End of Blackness*
Feb. 12: Francesca Delbanco, author of *Ask Me Anything: A Novel*
Feb. 17: Karel Glastra van Loon, author of *A Father's Affair*
Feb. 26: Erik Larsen, author of *The Devil in the White City*
Mar. 5: Neely Tucker, author of *Love in the Driest Season*
April 21: Bill McKibben, author of *Enough*

Jim Garrison, Author of *America as Empire: Global Leader or Rogue Power* at Common Language Bookstore • Jan. 12, 7-9 p.m. • Jim Garrison, Founder and President of the State of the World Forum and the Gorbachev Foundation, will appear for a reception and discussion. Free. Call Keith Orr at 663-0036.

The Crazy Wisdom Calendar

Author Receptions (continued)

Jan Sennett, Contributor to *Drag King Anthology* at Common Language Bookstore • Jan. 16, 7-9 p.m • Jan Sennett will appear for a reception and reading. Free. Call Keith Orr at 663-0036.**Wednesday Evening Author Talks at Renaissance Unity • 7 p.m.** • For information, call 586-353-2300; www.renaissanceunity.org, 11200 E 11 Mile Rd, Warren.
Feb. 4: Therese Jacobs-Stewart, author of *Paths Are Made by Walking*
Feb. 11: Dr. James Garrison, author of *America as Empire: Global Leader or Rogue Power*
Feb. 18: Joe Caruso, author of *The Power of Losing Control*

Children's Storytime at Barnes & Noble Bookstore • Tuesdays and Thursdays at 11 a.m. • Free. For more information, call 973-0846.

Fiction Readers Group at Barnes & Noble Bookstore • Jan. 20, 7:30 p.m. • Everyone is reading it, now come talk about *The DaVinci Code* by Dan Brown! This group meets the third Tuesday of each month. Free. To sign up, call 973-0846.

Poetry Group at Barnes & Noble Bookstore, Jan. 21, 7:30 p.m., The Poetry Group meets tonight to critique each other's work. Whether you are a seasoned poet or a newcomer to the craft, all are welcome to attend. This group meets the third Wednesday of each month. Free. To sign up, call 973-0846.

Ann Arbor Reads at Barnes & Noble Bookstore • Jan. 31, 2 p.m. • Join us this afternoon for a discussion of this year's Ann Arbor Reads selection, *Why Are All the Black Kids Sitting Together in the Cafeteria?* by University of Michigan graduate Beverly Tatum. This group meets the last Saturday in January, February and March. Free. To sign up, call 973-0846.

Bodywork and Body/Mind Therapies

Healing Arts Sampler with Barb Fisher, Eileen Dickinson, Gail Rucker, Harriet Singer and others at OmMoves Studio • Feb. 1, 1-5 p.m. • Come and experience as many mini-sessions as you like for one nominal fee, such as reflexology, Trager, hypnotherapy and Phoenix Rising yoga therapy. $15. Call Harriet Singer at 327-1039; haracore@hotmail.com.

Rolfing: An Inquiry into One's Body with Leland Austin • Jan. 14 or Mar. 19, 6-8 p.m. • Though often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web, restoring balance, flexibility and grace. What is perhaps less known about Rolfing and less understood is that it can enable a person to engage in an inquiry or dialogue with one's body to develop awareness of and openings through emotional and energetic blocks held in the physical tension and armoring of the body, which can facilitate a person's psychological and/or spiritual development. A hands-on presentation and discussion for interested persons who desire an opportunity to experience Rolfing. Free. Call 327-1066 at least 24 hours before presentation begins.

Polarity Principles with Linda Greene • Mar. 10, 17, 24, 31; 9-11 a.m. or 5:30-7:30 p.m. • Introduction to polarity principles in four classes: noticing and moving energy, the chakras and polarity, polarity yoga and polarity nutrition. Polarity is an integrated healing modality working with the energy circulation of the body and its relationship to our life experiences. It heals physical conditions, builds vitality, restores balance and brings clarity and focus to our lives. Appropriate for bodyworkers and others interested in this kind of work. $150 for the series includes a private polarity session, or $35 per individual class. Call 662-2029; lingreene@aol.com.

Healing Touch Practitioner Support Night with Great Lakes Center for Healing Touch • First Tuesday of each month, 6-9 p.m. • Come network with other Healing Touch practitioners and practice your skills. All levels of ability welcome. Free. Call 332-9332.

Discover Trager with Eileen Dickinson • Jan. 6, Feb. 2, Mar. 10, April 19; 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk and demonstration on the Trager Approach. Learn self-care movements that promote ease in the bodymind. Receive a hands-on sample of Trager. Free. Call 717-4145; edickins@umich.edu.

Introductory Workshop on the Trager Approach with Eileen Dickinson • Feb. 15, 9:30 a.m.-5 p.m. • This workshop takes you through an exploration of the principles of Trager. Movement awareness work, both on and off the table, both giving and receiving, is demonstrated, explained and practiced in a playful and supportive atmosphere. $95. Call 717-4145; edickins@umich.edu.

More Alive with More Joy through Transformational Breathing with Julie Wolcott and Marcia Bailey • April 3, 10 a.m.-3 p.m. • This class is designed to empower participants in successfully using the Transformational Breath on a regular basis. Self-coaching skills will be presented to assist in clarifying issues and related intentions. Basic principles of the Transformational Breath will be reviewed, and two 45-minute group breathing sessions will be offered. Participants will be guided in a detailed integration process after each of the two breathing sessions. A short meditation will also be included to further encourage inner reflection. $35. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Transformational Joy Breath Series with Julie Wolcott and Marcia Bailey • Mar. 22, Mar. 29, April 12, April 19; 7-9:30 p.m. • Four powerful breathwork sessions to increase your inner alignment through focus on the breath. In each class, you will learn breathing techniques for improving and increasing your energy level and sense of well-being, participate in a 45-minute group breathing session, learn how to correct restrictive breathing patterns, and learn how the transformational breath can help you live a healthier and more joyful life. Each of these sessions is unique and complete in itself. The first session will focus of breathing in more air and more joy. The second session will focus on relaxing the breath and letting in more love. The third session will focus on becoming more aware of body sensations through relaxing the throat and opening the upper chest to receive more air. The fourth session will focus on greater clarity through nostril breathing and awareness of the third eye. $25 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Book Discussion Groups

Crazy Wisdom Reading Circle with Frances Tashnick and Bill Zirinsky • Tuesday, Jan. 27; Friday, Feb. 27, Tuesday, Mar. 30, Friday, April 30; 7-8:30 p.m. at Crazy Wisdom's Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. January's selection will be *Native New Yorkers: The Legacy of the Algonquin People of New York* by Evan T. Pritchard. February's selection will be *Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations about Race: A Psychologist Explains the Development of Racial Identity* by Beverly Daniel Tatum. March's selection will be *The Holy Longing: The Hidden Power of Spiritual Yearning* by Connie Zweig, PhD. April's selection will be *Will Yoga & Meditation Really Change My Life: Personal Stories from 25 of North America's Leading Teachers* by Stephen Cope. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

Book Club: Experience the Sacred with Ruth McDonell and Helen Oprysek through Visitation • Jan. 27, Feb. 24, Mar. 23, April 27; 6:30-8 p.m. or Jan. 29, Feb. 26, Mar. 25, April 29; 2:30-4 p.m. • This popular book club brings together new friends and old for lively discussion on contemporary and classic books. At every gathering, the club focuses on new books, each of which involves characters who encounter faith in unexpected ways. Sometimes serious, sometimes lighthearted, the books and discussions offer rich insights about the spiritual journey. Please read the book prior to the session. Call one month in advance to find out the book of the month. $5 per session. Call 734-242-5520; visitation@ihmsisters.org.

Buddhist Teaching & Buddhist Meditation

Also see "Meditation" Section

Discovering Spacious Awareness: Introduction to Meditation Methods of Tantric Buddhism through Flaming Jewel Dharma Center • Mondays, Feb. 9 - March 15; 7:30-8:30 p.m. • The class will provide introductory instruction in silent sitting and mantra recitation in the tradition of Tantric Buddhism, followed by a short practice session and discussion. $5 per class or $25 for six-week series. Call Rigdzin at 668-8510.

Addiction, Recovery and Buddhism with Ron Allen through Still Point Zen Buddhist Temple • Jan. 10 • This seminar is about how we can apply Buddhist concepts to recovery. $30. For time, call P'arang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

On Forgiveness with P'arang Geri Larkin through Still Point Zen Buddhist Temple • Jan. 17 • This is a seminar that teaches techniques for forgiving. It leans heavily on Buddhist teachings. $30. For time, call P'arang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

The Life of Buddha with P'arang Geri Larkin through Still Point Zen Buddhist Temple • Feb. 21, 1-4 p.m. • A user-friendly introduction to the life of Buddha and his core teachings. A small but mighty workbook is included. By donation. Call P'arang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

Two Sunday Services at Zen Buddhist Temple • Every Sunday: 9:30-11 a.m. and 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a short talk. By donation. Call 761-6520; a2buddha@provide.net.

Special Talks at Sunday Services at Zen Buddhist Temple • 9:30 a.m. • By donation. Call 761-6520; a2buddha@provide.net.
Feb. 15: A Pilgrimage to Buddhist Holy Places in India and Nepal with Sanjulgi Julia Henshaw and Talmasan Donna Minock • An account of their recent month-long trip.
Mar. 14: The Student/Teacher Relationship and Other Zen Questions with Rev. Nonin Chowaney, Zen Master, poet, calligrapher and Abbot of Heartland Temple in Omaha, Nebraska and Spiritual Director of the Order of the Prairie Wind.
Mar. 21: Talk and Book Signing on the Disciples of the Buddha: Living Images of Meditation by author Robert Newman • Dr. Newman will also be speaking on the Tibetan Calm Birth and Calm Healing methods on this same weekend.

The work that I do in the healing arts is very rewarding.... I enjoy helping others. Flower and mineral essences are fun for me, because they usually are very helpful and people are surprised (I know I was the first time I had one 12 years ago!). Or my work could be helping someone clear out their energy field, or the energy of their home, through Reiki, gridding of stones, or other technologies...I enjoy these as well. There's so much great assistance available out there for growth and opening, me included. Over time people who work on it become ever more alive, more authentic, and more expressed as whom they truly are. I appreciate the blessing of seeing our human community change as we grow individually.

— Susan Fancy, Reiki Master and Healer

Toledo Zen Buddhist Sangha Schedule, affiliated with Zen Buddhist Temple of Ann Arbor • The Toledo Sangha meets the first four Sundays of each month for meditation at the Falvey Chapel of the University of Toledo Interfaith Center. The Toledo Sangha will also hold an Introduction to Zen Meditation Workshop on Feb. 28, 9:30 a.m.-12:30 p.m., led by guiding teacher Il'sang Laurie Jackson. Call Clayton Peterson at 419-248-8707 for more information.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2004 (2548 in the Buddhist calendar). By donation. Call 761-6520; a2buddha@provide.net.

The Buddha's Noble 8-Fold Path at Zen Buddhist Temple • Jan. 18, Jan. 25, Feb. 1, 8, 15; 7-8:15 p.m. • A study group led by senior Zen student Bopryok Peter Beyer. For cost, call 761-6520; a2buddha@provide.net.

Chanting for World Peace at Zen Buddhist Temple • Jan. 26-31 • This is a wonderful opportunity to recharge your batteries with others working for peace at all levels, from the self to the society to the world. Chanting at 7-7:30 a.m., noon and 7-7:45 p.m. Call 761-6520; a2buddha@provide.net.

Vegetarian Cooking and Zen Master Dogen: Zen Practice in the Kitchen with Tongsan Catherine Brown at Zen Buddhist Temple • Sundays, 11:30 a.m.-1 p.m. with a meal around 2 p.m. • For cost, call 761-6520; a2buddha@provide.net.

Zen Master Dogen's Teaching at Zen Buddhist Temple • Mar. 13, 10 a.m.-4 p.m. • A seminar with Zen Master Nonin Chowaney from Omaha, Nebraska. Includes lunch. For cost, call 761-6520; a2buddha@provide.net.

Buddha's Parinirvana (Death) Service at Zen Buddhist Temple • Mar. 7, 9:30 a.m. • This special Sunday service consists of meditation, chanting and the story of the death of Shakyamuni Buddha as we once again remember to rely on the dharma in the conduct of our daily lives. By donation. Call 761-6520; a2buddha@provide.net.

Spring Yongmaeng Chongjin ("Fearless Practice") at Zen Buddhist Temple • April 1-4 • A 4-day retreat offering an opportunity for intensive practice in which one can free oneself from all worldly ties and absorb oneself in meditation practice. For cost and times, call 761-6520; a2buddha@provide.net.

Ceremonies, Celebrations, Festivals & Rituals

Ann Arbor Book Festival • April 22-25 • The Ann Arbor Book Festival will be four days of exciting events celebrating reading, writing and literacy. Following on the great success of the first Ann Arbor Reads, the inaugural Ann Arbor Book Festival will include community writing programs, movie showings, symposiums, a press tour, a street festival, poetry slams, singers, songwriters, readings, signings, the Antiquarian Book Fair and more. Free, with some of the panel discussion and indoor events being ticketed. Call 662-7407; aabf@shamandrum.com.

Imbolc Celebration at Crazy Wisdom Bookstore • Sunday, Feb. 1, 2 p.m. • Come celebrate at Crazy Wisdom with a Imbolc ritual. Imbolc, also known as Candlemas and Groundhog's Day, occurs at the beginning of February. It marks the middle of Winter and holds the promise of Spring. The Goddess manifests as the Maiden and Brigid. The groundhog is a manifestation of the God. Colors are white and sometimes red. It is a festival of spiritual purification and dedication. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

Spring Equinox Celebration at Crazy Wisdom Bookstore • Tuesday, Mar. 23, 7 p.m. • Come celebrate at Crazy Wisdom with a Spring Equinox ritual. Spring Equinox, also known as Ostara, Easter and St. Patrick's Day, occurs in the middle of March. It marks the beginning of Spring and the time when days and nights are of equal length. The Goddess manifests as Ostara or Eostre with her basket of eggs. She is accompanied by the hare or rabbit, a manifestation of the God. Green has been sacred to this Sabbat since ancient times because it represents the greening of the land and vegetation. This is a festival of new growth. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

Easter Candlelight Service at Lighthouse Center • April 11, 6-7:15 p.m. • Special candlelight meditation and healing in celebration of rebirth and renewal. All meditators welcome. No cost; love offering. Call Prachi at 734-449-4381.

Earth Celebrations with Staff of Visitation • Mar. 24 for Spring Equinox and April 28 for Earth Day; 7 p.m. • Join us in celebrating the festivals that honor God's creation. Readings, music, prayer and conversation will be part of the celebration. All are welcome. Free. Call 734-242-5520; visitation@ihmsisters.org.

> "The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart."
>
> -Saint Jerome

Beltane Celebration at Crazy Wisdom Bookstore • Satruday, May 1, 7 p.m. • Come celebrate at Crazy Wisdom with a Beltane ritual. Beltane, also known as May Eve, May Day and Walpurgis Night, happens at the beginning of May. It celebrates the height of Spring and the flowering of life. The Goddess manifests as the May Queen and Flora. The God emerges as the May King and Jack in the Green. The danced Maypole represents their unity, with the pole itself being the God and the ribbons that encompass it, the Goddess. Colors are the rainbow spectrum. Beltane is a festival of flowers, fertility, sensuality and delight. $5 suggested donation. Call Carol Karr at 665-2757; information@crazywisdom.net.

Chakras

Chakra Meditation with Ema Stefanova • Feb. 15 • Kundalini Tantric guided meditation on the chakras will be practiced. The subtle physiology of the chakras and the nadis (energy channels) will be explained. For cost and time, call 665-7801; emastefanova@cs.com.

Channeling

Circles of Prophecy: Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Thursdays, Feb. 5, March 4 and April 1, 7-9 p.m. at Crazy Wisdom Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of transformation. Receive inspiration and healing energy, and group and individual messages. $15. Call 996-8799.

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • Feb. 2 or Mar. 15, 7-9 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. Will include short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 734-332-4666.

The Crazy Wisdom Calendar

Channeling (continued)

A Channeled Evening with Jacob with Judy Crookes • Thursdays, March 11 and April 8, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a Being of Light who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and conduct a guided meditation. $10. Call 913-4927; jacrookes@aol.com.

Wednesday Evenings with Aaron through Barbara Brodsky • Feb. 18, Mar. 17, April 21; 7:30-10 p.m. • An open session with Aaron and Barbara. No pre-registration necessary. Aaron will talk, followed by a short social break, and then we will answer questions. Donations accepted. Call Deep Spring Center at 477-5848; info@deepspring.org.

Message Circle with Shala Kilmer • Jan. 24, 7-9 p.m. • Messages just for you from the spirit world will be channeled. Others in the group are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. $20. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Getting To Know Your Guides with Shala Kilmer • Six weeks starting Jan. 12, 6:30-9 p.m. • Learn the names of your spirit guides, as well as how they help you. Find out how to communicate with them to accomplish your earthly and spiritual goals. Limited to 12. $230. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

> "Think with the WHOLE body."
>
> -Taisen Deshimaru

Basic Channeling with Shala Kilmer • 8 weeks, dates and times to be announced • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to 10. $335 plus $4 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Childbirth

Holistic Childbirth Preparation with Patty Brennan of Center for the Childbearing Year • Tuesdays, Jan. 20-Feb. 24 or April 13-May 18; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $190 per couple. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care: Baby's Out, Now What? with Beth Barbeau of Center for the Childbearing Year • Mar. 9 and 16, 7-9 p.m. • This two-session class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Rather than teaching the right way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $60 per couple. Call 424-0023; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • Mar. 23, 7-9:15 p.m. • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; common problems; psychological, cultural and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies and product reviews. $30 per couple. Call 424-0023; patty@center4cby.com or www.center4cby.com.

Informed Vaccine Choices with Patty Brennan of Center for Childbearing Year • Mar. 30, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. $10 per person, $15 per family, $22 for sourcepack. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Basics: An Introduction to Childbirth Education with Beth Barbeau of Center for the Childbearing Year • Three Saturdays: Jan. 24-Feb. 7, 9:30 a.m.-12:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics include optimal nutrition for a healthy pregnancy; anatomy and physiology of pregnancy and birth; relief for common discomforts of pregnancy; conscious relaxation and breath awareness; body mechanics, stretches and essential exercises for the childbearing year; the experience of labor; complications of labor and birth; medical interventions in birth and the process of informed consent; medical protocols and tests for the newborn; mom's normal postpartum recovery and breastfeeding basics. $120 with early payment discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Feb. 13-15, 9 a.m.-5:30 p.m. each day • Become a Professional Birth Assistant. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through Doulas of North America. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Mar. 11-14; Thursday 4-9:15 p.m., Friday and Saturday 8 a.m.-6 p.m. and Sunday, 8:45 a.m.-3 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family and more. $445 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Ensuring Breastfeeding Success with Beth Barbeau of Center for Childbearing Year • Feb. 28, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. $100. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Use of the Rebozzo with Laboring Women with Patty Brennan of Center for Childbearing Year • Feb. 5, 7-9 p.m. • This interactive workshop will give birth attendants an opportunity to explore the uses of a rebozzo (long shawl or piece of cloth) with the laboring mother. The rebozzo can be used to aid relaxation and support the mother in a variety of positions. If you have a rebozzo, bring it. If not, we have several on hand and a video that demonstrates its use. No lecture. Come and play. $15. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Female Reproductive and Pelvic Anatomy with Amanda Smith of Center for Childbearing Year • 4 Saturdays, Mar. 20-April 17; 9 a.m.-1:30 p.m. • This course offers an in-depth understanding of human anatomy in relation to pregnancy, birth and postpartum and is designed for a wide variety of professionals working with women during the childbearing year. Skeletal, muscular, organ and soft tissue structures of female pelvic anatomy will be identified. Students will learn to recognize superficial and palpable anatomical landmarks. Visual aids will include illustrations, slides, video, anatomical models and demonstrations. A special focus of the class will be understanding pelvic anatomy in relation to the anatomical mechanisms of birth. No class April 10. $200 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Chronic Illness & Chronic Pain

Rudolf Steiner Health Center Therapeutic Sessions • Feb. 15-29, Mar. 14-28 • Our 2-week intensive therapeutic retreat is designed for ambulatory individuals with chronic illnesses or anyone seeking a restorative regimen. As a patient, you will receive individual medical care from founding physicians Quentin McMullen and Molly McMullen-Laird. Cost varies with room choice and length of stay. Call Community Supported Anthroposophical Medicine at 677-7990 or Rudolf Steiner Health Center at 663-4365; csammed@earthlink.net.

Legal Issues for Caregivers with Elizabeth Hurwitz of Jewel Heart Health Center and Community Hospice • Jan. 10, 1-4 p.m. • Topics covered will include resources for handling unexpected health problems, longterm care options, hospice and home health care laws in Michigan, a review of public benefit laws and how to plan ahead. $20 ticket is fully tax deductible. Call 332-0224; jewelhearthealth@aol.com.

Healing from Chronic Illness and Pain with Erica Dutton • Ten-week sessions • This weekly group is open to women with any kind of chronic illness or pain and for women who are living with someone with chronic illness or pain. Chronic illness or pain can be an isolating and life-changing event. It can also be a time to re-evaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new, satisfying life for the future. Come and share experiences and learn from other women. $350 with sliding scale available. For dates and times, call 734-677-3056; eldutton@wccnet.org.

Chronic Pain with Darren Schmidt • April 21, 7-8:30 p.m. • Chronic pain is often caused by an abnormal biochemical state in the body. Drugs cover the pain but nutrients heal and normalize the body's chemical state. Find out if this approach would work for you to get rid of your pain. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Taking Your Life Back: Working with Chronic Illness with Joan Kauffman • Seven-week session • Having a chronic physical illness that's invisible presents its own challenges. Are you struggling with a label or self-identity of "being sick"? Do fears about your future rob you of joy today? If your chronic physical illness is presenting these and other challenges, join us for an experiential seven-week group based on the latest research in how individuals cope and enhance their lives despite illness. We will use art, relaxation, reflection, visualization and other fun, easy techniques to enhance the joy in your life, increase your personal resources and sense of balance. $70. For dates and times, call The Women's Center of America at 973-6779 or 747-9209.

Consciousness Expansion

Crazy Wisdom Bookstore Winter Salon • Third Thursday of each month, 7:30 p.m. in the Crazy Wisdom Tea Room • Join us as we continue our community Salon, an opportunity to gather on cold winter nights to explore issues and ideas of common concern, in an atmosphere of respect and tolerance for diverse opinions and perspectives. The Winter Salons will explore how we can bring our growing conscious awareness into physical and political manifestation at this time of opportunity and challenge. Facilitated by Lucinda R. Kurtz. No cost. For more information, call 655-9160; lucindakurtz@comcast.net.
Jan. 15: Conscious Eating with Oran Hesterman, Judy Stone, and Todd Wickstrom
Feb. 19: Elevating the American Political Conversation with Phillis Engelbert, Richard Gull, and Thomas Taylor
Mar. 18: Spiritual Politics with Rev. Charles Booker-Hirsch, Richard Tucker, and Jan Wright
April 15: Our Connection to the Earth with Jim Crowfoot, Ann Elder and Paul Bantle, and Helen Slomovits

Dreams & Dreamwork

The Spiritual and Emotional Integration of Dreams with Rebecca Mullen • Ongoing Mondays, 7:30-9:30 p.m. • To heal the split between the conscious and the mysterious, we look at symbols and hidden meanings, descending deeper into the stream of our awareness. We examine the individual as well as collective messages - the poetry of the soul. By donation. Call 662-5925.

Drumming

Drummunity Circles at Crazy Wisdom's Community Room with Lori Fithian • Tuesdays, Jan. 20, Feb. 17, Mar. 16, April 20; 7-9 p.m. • Join in the groove. All welcome. Drums provided or bring yours. Free. Call 734-426-7818; lfith@yahoo.com.

Youth Hand Drumming Class with Ryan Edwards and Jerimiah Davis of Like Water Drumworks • Thursdays, 5:45-6:45 p.m. • A fun and casual drum class for 8-13 year olds. Learn African rhythms, stories, songs and their meanings. Drums provided. $10 per class. Call 734-475-3158; likewaterdrumworks@hotmail.com.

Djembe and Dunun Class for the Rhythm Addicted with Ryan Edwards of Like Water Drumworks • Thursdays, 7 p.m. • Learn African rhythms in a fun and ego-free environment. All abilities welcome to our exploration into the djembe and dunun music of Malinke West.Africa. $10 per class. Call 734-475-3158; likewaterdrumworks@hotmail.com.

> "The present moment is a powerful goddess."
>
> -Johann Wolfgang von Goethe

Drumming with Gail Tola and Sally Gabany through Visitation • Jan. 9, Feb. 13, Mar. 12; 7-9 p.m. • In many cultures, drumming has been used for celebrations and ceremonies to create unity and harmony. We will experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Please bring your own drum if you have one. Some drums will be available for use. No experience necessary. All are welcome. $10-$20 sliding scale good will offering. Call 734-242-5520; visitation@ihmsisters.org.

Esoteric Anatomy & Energy Healing

Kaishan Golden Shield with Lori Larson • Jan. 17, 3:30 p.m. at Crazy Wisdom's Community Room • Remarkable ancient Chinese energy system for health and longevity. Strengthen organs, access unused potential, integrate mind, body and energy. Empower who you are meant to be, working with the physical, the mind and the energy. Free introductory class. Ongoing monthly classes available at $100 per month. Call Lori Larson at 641-919-2234 or Ed Jackson at 734-480-0266; lsquared@kdsi.net or www.kaishan.org.

Centered Within Yourself with Anne Carbone and Alana Martin of Temple Academies-Michigan • Jan. 12, 7-9 p.m. • When you are centered in yourself, you have the ability to meet life's daily experiences with greater ease and grace, and you are better able to take advantage of opportunities. In this class, you will learn techniques to support you in being more centered and grounded. Participants will also receive hands-on samples of a variety of energy frequencies offered by Temple Academies that foster personal and spiritual growth. $15. Call 971-5849; templeacademymi@aol.com.

Listening to Your Heart's Voice with Alana Martin and Anne Carbone of Temple Academies-Michigan • Feb. 9, 7-9 p.m. • When you follow the guidance of your heart, you are supported in fulfilling your soul's purpose. This class will explore techniques for fine-tuning your listening skills so you can hear that wise inner voice with greater confidence. Participants will also receive hands-on samples of a variety of energy frequencies offered by Temple Academies that foster personal and spiritual growth. $15. Call 971-5849; templeacademymi@aol.com.

Energetic Aspects of Relationship with Anne Carbone and Alana Martin of Temple Academies-Michigan • April 12, 7-9 p.m. • As we relate to others, there are subtle yet powerful interactions between the energy systems of everyone involved. This class will explore techniques for increasing awareness of those energetic interactions to enhance your relationships. Participants will also receive hands-on samples of a variety of energy frequencies offered by Temple Academies that foster personal and spiritual growth. $15. Call 971-5849; templeacademymi@aol.com.

Esoteric Healing, Level One with Laurie Akerros • Feb. 6-8, 9-5:30 daily • All life is vibration at different frequencies and disturbance in the flow of energy results in compromised health: physically, emotionally, mentally and spiritually. This class will teach practitioners to sensitize their hands and awareness to learn to assess and treat the energy field in order to assist balancing and creating optimum conditions for wellness. Open to beginners as well as experienced practitioners. $295. Call 995-2719; www.esotericenergyhealing.com.

Seven Rays of Life with Laurie Akerros • Mar. 6-7, 9 a.m.-5 p.m. • Esoteric teachings tell us that the seven rays are forces or qualities of energies that influence all life. In this class, we'll study the rays in depth. You'll discover your unique ray make-up that influences your physical body type, emotional, mental, soul and spirit nature. $175. Call 995-2719; www.esotericenergyhealing.com.

Esoteric Healing, Level Two with Laurie Akerros • April 1-4, 9-5:30 daily • This class is open to those who have complete the first level class. In part two, we continue the study of esoteric teachings and principles, and learn practical techniques for balancing the subtle bodies of the human energy field. $295. Call 995-2719; www.esotericenergyhealing.com.

Spiritual Anatomy for Women with Linda Berry and Elizabeth Alberda through Complete Chiropractic and Massage Therapy • Jan. 10, 10 a.m.-4 p.m. • What ground we cover depends upon the wants and needs of the group and also upon spontaneous spiritual guidance. What does it mean to be brave enough to be both human and divine? We invite you to explore and cultivate. $125. Call 677-1900.

Reconstructing the Etheric Body with Marianne Somers • Jan. 10, 10 a.m.-5 p.m. • Learn to see into the etheric body, close energetic wounds, replace body parts where they belong and work in the electrical and multidimensional auric field. Vegetarian lunch provided. $90. Call 734-433-9333.

Feng Shui

Feng Shui: Advanced Sound and Color Cures with Wendy Warrick • Mar. 8, 7-9 p.m. • As vibrational energies, both sound and color are very powerful Feng Shui tools. Learn advanced techniques and deeper metaphysical truths to catalyze bringing about transformational change in your life. $30. Call 913-9619.

Feng Shui for You and Your Pets with Wendy Warrick • Feb. 18, 7-9 p.m. • Feng Shui can play an important part not only in your health and happiness, but that of your pets or animals as well. Learn how to use Feng Shui to help your pets. Discover how Feng Shui can bring resolution to human/animal relationships and how your pets can help with the Feng Shui of your home. $30. Call 913-9619.

Feng Shui in the Garden with Lynn Meadows • April 7, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Feng Shui Basics with Lynn Meadows • Jan. 21 or April 6, 7-9 p.m. • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Healing

Sunday Candlelight Healing and Meditation Ceremony at Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualization and healing circle. Reiki healing during meditation for all who wish it. No cost. Call Prachi at 734-449-4381.

The Crazy Wisdom Calendar

Herbs, Plants & the Garden

Certified Herb Specialist Course with Cindy Klement • 7 consecutive Wednesdays, Feb. 18-Mar. 31 • Do you want to feel confident about using herbs? Do you want to learn about human physiology and nutrition? Do you want to share the gift of good health with others in their current medical needs? If you haven't already taken this course, why wait to join the other 97 graduates so far? Upon completion of the course, you will be certified as an Herb Specialist, making a huge difference in your life and the lives of others. $75 includes manual, 20 hours of audio lectures and classroom instruction with additional handouts. For times, call 734-975-2444; cindyklement@mynsp.com.

Women's Herbs for Menstruation and Pregnancy with Linda Diane Feldt sponsored by People's Food Co-op • Thursday, Jan. 22, 7:30-9 p.m. at the Crazy Wisdom Community Room • Far beyond simple cramp bark, there is a variety of herbs that strengthen and support the female reproductive system. Come discover some new herbal allies! Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Herbal First Aid with Linda Diane Feldt sponsored by People's Food Co-op • Thursday, Feb. 26, 7:30-9 p.m. at the Crazy Wisdom Community Room • We can help ourselves deal with acute but minor injuries. Come discover safe herbal first aid treatments, what to use when and what every herbal first aid kit should contain. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Sensible Herbal Approaches for Cancer and Heart Disease with Linda Diane Feldt sponsored by People's Food Co-op • Thursday, Mar. 25, 7:30-9 p.m. at the Crazy Wisdom Community Room • If you or a loved one are facing heart disease or cancer, there are herbs that can help. Come learn about reasonable herbal supports and alternatives. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Popular Herbs with Linda Diane Feldt sponsored by People's Food Co-op • Thursday, April 22, 7:30-9 p.m. at the Crazy Wisdom Community Room • If the herb world was a high school, echinacea would be prom queen! Join us is an introduction to several of the most popular herbs and learn their secrets. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Holistic Health

Home Care Workshop with Molly McMullen-Laird of Community Supported Anthroposophical Medicine • Jan. 17, 9:30-Noon • Dr. Molly McMullen-Laird teaches about Anthroposophical Medicine - natural remedies and their uses, including a demonstration of foot baths, compressed and home care remedies. $35. Call 677-7990; csammed@earthlink.net.

> People think angels fly because they have wings. Angels fly because they take themselves lightly.
>
> - Source Unknown

Natural Solutions to Headache Pain with Erin Taylor • Jan. 5, 6:30 p.m. • Learn about the different types of headaches and what triggers them. Find out ways to help prevent and reduce the discomfort associated with headaches. Free. Call 800-693-2076; etaylor_00@hotmail.com.

What Your Doctor Isn't Telling You about Heart Health, Cholesterol and Cholesterol-Lowering Drugs with Judy Stone • Feb. 14, Noon-1:30 p.m. • "Keep your cholesterol below 200." If it were that simple, why do half the people with heart disease have low cholesterol? Why are people with very low cholesterol more likely to suffer a stroke, depression or suicide? Do you know there is a higher death rate among those who take cholesterol-lowering drugs? Or what the other significant markers are for heart disease and which tests your doctor most likely won't offer but you should request? If you want to protect your heart and your health, you'll want to be at this workshop! $15. Call 994-5549; www.nutritionmagician.net/events.htm.

Overweight with Darren Schmidt • Jan. 15, 7-8:30 p.m. • 64% of Americans are overweight! There is a little known fact never seen in the news that can reverse this. In my past lectures on weight management, attendees have used this information and have seen immediate and long-lasting results. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Depression with Darren Schmidt • Feb. 4, 7-8:30 p.m. • Anti-depressant medications have helped many people but they only mask the symptom. It is good to also treat the cause so that true healing can occur. A holistic plan to improve health has lifted depression for many people. Attend this lecture to find out what it is. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Blood Sugar, Diabetes, Hypoglycemia with Darren Schmidt • Jan. 21, 7-8:30 p.m. • Blood sugar, handling problems like type II diabetes and hypoglycemia are growing in epidemic proportions. These conditions are preventable and reversible with a holistic approach. Find out how at this lecture. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Female Hormones with Darren Schmidt • Feb. 18, 7-8:30 p.m. • Female hormone problems like PMS and menopause do not appear for no reason. There is a cause that needs to be identified for proper healing. Find out what causes hormone imbalance and how to treat it naturally. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Detoxification: Do You Need to Get Cleaned Out? with Darren Schmidt • Mar. 3, 7-8:30 p.m. • Do you need to get cleaned out? When is appropriate? Discover logical explanations about this important health improvement tool. The earth and our bodies have never been more polluted. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Allergies and Sinus Problems with Darren Schmidt • Mar. 17, 7-8:30 p.m. • Allergy medications are designed to stop the symptom, which is the last event in a series of events that occurs in the body. What is the first event that starts them all? Knowing the answer to this question is the first step in ridding yourself of allergies permanently. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Stress with Darren Schmidt • April 17, 7-8:30 p.m. • The body reacts to physical and emotional stress in the same way. Discover how to lessen the controllable stress factors. There are also nutrients that are excellent in providing emotional stability in stressful stages of our lives. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Homeopathy

Homeopathic Treatment of Common Pediatric Complaints with Michele Loewe sponsored by People's Food Co-op • Tuesday, April 13, 7-8:30 p.m. at Crazy Wisdom's Community Room • Come discover natural approaches to colic, teething and other routine issues that babies and parents face. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Homeopathy and Family Home Care with Patty Brennan of Center for Childbearing Year • April 24, 8:30 a.m.-3:30 p.m. • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $85. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Hypnosis

Hypnosis for the Health of It with Eileen Bond • Feb. 15, 2-4 p.m. • Learn what hypnosis is, why and how it works. Learn how hypnosis can be used for health and healing mind, body and spirit. Experience an introductory trance. $20. Call 330-7595.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 1-4 p.m. • $1 per minute. No appointment necessary. Call 665-2757.

Psychic Reading Practice Sessions with Anita McKay • Jan. 13, Feb. 10, Mar. 9, April 13; 7:30-9 p.m. • These practice sessions are designed for those who use or are learning methods from *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher or a similar style of psychic development. Each session focuses on different aspects of psychic reading. Guests are welcome. $5-$10. Call 741-0478; mckay@concentric.net.

Intuitive Heart Discovery Group Process with Diane Evans • Wednesdays, Feb. 11-Mar. 17; 7-10 p.m. • Intuition research reveals that our intuition comes out when we care about someone. It is our empathy that acts as the intuitive connection. The Intuitive Heart Discovery Group is a series of effective, fun-filled exercises and guided discussions designed to help the participants discover their own inner knowing, not only about themselves, but all others as well. The process gives immediate proof that we are all intimately connected, and that we can control and use our intuition to the good of ourselves and those whose lives we touch. $145 includes a cd and workbook. Call 734-327-9568; in-genius@comcast.net.

The midwives of New Moon Midwifery – (from left to right) Merilynne Rush, Mickey Sperlich and Amanda Smith

Being a midwife is listening
honoring
encouraging
sometimes being firm, but mostly finding out how flexible I can be.

Getting a call in the middle of the night, my grumbling quickly turns to singing.

Working with women and their families,
seeing babies being born, is
awesome and inspiring. What a blessing!

— Merilynne Rush

It is a privilege and a sacred responsibility to stand at the threshold between the worlds, and this is what we as midwives are called to do. I am in awe of life in its many facets and the opportunities to both bring comfort and to bear witness to this amazing transformation: woman into mother, man into father, child into this world. It is an honor to build relationship with the birthing family and I feel truly blessed to share in so many miracles in the making.

—Mickey Sperlich

As a midwife, it is incredibly rewarding to serve women, to support their choices, to honor their innate ability to give birth. I love that midwifery is a sustainable practice, economically and environmentally low-cost, and safe for mothers and babies. The moment of birth, the first breath, first touch, the alert, enthralled gaze of a newborn - every birth deserves reverence and protection. I am grateful and honored to assist these birth moments in our community.

— Amanda Smith

Intuitive Heart Discovery Group Process Review Classes with Diane Evans • Tuesdays, Feb. 10-Mar. 16; 7-9 p.m. • This offering is designed for people who have completed the Intuitive Heart Level I class and want to review and practice their skills. Each week, we will take a different skill and hone our abilities with it. These sessions will be offered on a drop-in basis. $15 per session. Call 734-327-9568; in-genius@comcast.net.

Exercise Your Intuitive Heart with Diane Evans • Tuesdays, April 6-May 11; 7-10 p.m. • This class is designed to give graduates of the Intuitive Heart Group Discovery Process the opportunity to use the skills you learned earlier by using them in new ways. You will also learn some new skills. Your practice will improve your self-confidence and using new combinations of these skills will generalize your learning. You will also find that you are developing your intuitive ability to relate to others in a more satisfying manner. This course is not an intellectual exercise in discussing ideas but one of practice and application. $145. Call 734-327-9568; in-genius@comcast.net.

Elemental Magic: A Storytelling Ritual with Gloria Marshall through Gateways Center for Life Enrichment • Jan. 12, 7-9 p.m. • Through ceremony and connection to the elements (Earth, Air, Fire and Water), Gloria will offer intuitive information to each participant, which can be accessed by their own inner wisdom to assist them on this Earthwalk. We will connect to spirits, guides, angelic beings and each other through meditation, sound and the heartbeat of the Mother to assist in the gathering of these messages and the creation of a space where we can feel the magic within. $10. Call 734-332-4666; dragonbe3@aol.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Feb. 14 and 15, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $179 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • April 3 and 4, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $189 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Date and times to be announced • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Weekend dates to be announced, 10 a.m.-6 p.m. • Learn to safely become a conscious channel using an easy, repeatable system as your foundation. Prerequisite: Intuitive Awareness 1 and 2. For dates and cost, call 663-9724; intuitivehealth@aol.com.

Intuition: The Owner's Manual with Shala Kilmer • Eight weeks starting April 12, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques are taught. Limited to 12. $345 including $10 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Judaism

Jewbilation Sabbath Celebration Service with Jewbilation: Jewish Roots with Interfaith Wings • Jan. 9 and Mar. 12, 6:15 p.m. • Gather to welcome Shabbat and enjoy a potluck feast along with little and big kids programs, followed by music and family-friendly service. This is for interfaith or interfaith-minded individuals, couples and families seeking a Jewish connection and all faith teachings. Donations encouraged. Call Lauren Zinn at 996-3524 or Nikki Rosen at 995-1963; jewbilation.org or lisenbergzinn@yahoo.com.

Kids & Young Adults

Children's Sunday School at Lighthouse Center • First and Third Sundays of each month, 10:30 a.m.-12:30 p.m. • Classes in spiritual development for children ages 4-18 whose parents are mantra meditators. Principles of metaphysics, yoga, mantra meditation, Christianity and world religions are taught at different age levels. No cost. Call Nirmala at 734-663-2218.

Youth Hand Drumming Class with Ryan Edwards and Jerimiah Davis of Like Water Drumworks • Thursdays, 5:45-6:45 p.m. • For complete description, see listing under Drumming.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children. Free. For information on presenters, call 662-4110.

Teen Voice! with Kathleen Moore • Saturdays, Noon-1:30 or Mondays, 4:30-6 once per month • For teenagers who perform or want to perform vocally: singing, poetry slams, acting... Learn to use your voice as the instrument it is. Recommended in conjunction with individual voice lessons. $35 per session or $120 for series of four. Call 668-8146; moorevoice@earthlink.net.

Yoga for Teens with Ema Stefanova • Ongoing Mondays, 5:15 p.m. or Wednesdays, 4:30 p.m. • Dynamic and static postures, breathing and relaxation as well as meditation techniques as handed down by tradition specifically recommended for this age group by Satyananda Yoga. For cost, call 665-7801; emastefanova@cs.com.

The Labyrinth

Walking the Labyrinth with Visitation • Jan. 2, Feb. 6, Mar. 5, April 2; 9 a.m.-5 p.m. • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." -Lauren Artress, *Walking the Sacred Path*. The labyrinth is a metaphor for the spiritual journey. It is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. All welcome any time throughout the day. Free. Call 734-242-5520; visitation@ihmsisters.org.

Labyrinth Workshop with Sally Gabany of Visitation • Mar. 27, 9 a.m.-4 p.m. • The labyrinth is a metaphor for the spiritual journey. It is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. In following this ancient path, the soul finds refreshment, healing and wholeness. The day will include time for personal reflection, learning more about the labyrinth's story and experiencing this ancient prayer practice. $60. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Opening Doors to Love: A New Way to Love Yourself and Others Workshop for Individuals with Carole Kirby • Jan. 18, 2-4:30 p.m. at Crazy Wisdom's Community Room • Discover what blocks you being in connection with a special person. Gain insight and support for finding and keeping the love you long for. Improve your connections with family, friends, workmates and your partner. Open to single people or folks in relationship who are interested in doing some individual work. Based on the book by Dr. Harville Hendrix, *Keeping the Love You Find*. Free. Call 734-424-2797; www.therapy4couples.com or carole@therapy4couples.com.

The Crazy Wisdom Calendar

Love & Relationships (continued)

Keeping Love Alive in Committed Love Relationships with Carole Kirby • Feb. 8, 2-4:30 p.m. at Crazy Wisdom's Community Room • Gain insight into your longstanding issues. Enhance your ability to communicate well with your partner. Improve your ability to be a safe, loving partner. Discover ways to re-awaken and keep love alive in a long term relationship. Learn about the five love languages: what truly says "I love you" to your sweetheart. There will be a demonstration of a way to talk and listen that will help couples really hear and understand each other in an improved way using what Imago therapists call the "intentional dialogue" process. Free. Call 734-424-2797; www.therapy4couples.com, carole@therapy4couples.com.

Discover a New Way to Love: A Relationship Workshop with Carole Kirby • Mar. 28, 2-4:30 p.m. at Crazy Wisdom's Community Room • The Imago approach teaches people a new way to share and listen to each other's thoughts and feelings by offering a way to discover what's beneath your longstanding issues and what you can do differently, enhance your ability to communicate well with your partner and change your reactive, ineffectual behaviors into a force for compassion, healing and growth. Based on *Getting the Love You Want* by Harville Hendrix. Free. Call 734-424-2797; www.therapy4couples.com, carole@therapy4couples.com.

Opening Doors to Love with Carole Kirby • Feb. 28-29 and May 1-2 • A weekend workshop for individuals, based on *Keeping the Love You Find* by Harville Hendrix. See above descriptions for more information. For times and cost, call 734-424-2797; www.therapy4couples.com, carole@therapy4couples.com.

Discover a New Way to Love with Carole Kirby • Mar. 12-14 for Lesbian and Gay Couples; April 16-18 for Heterosexual Couples • A weekend relationship workshop for couples, based on *Getting the Love You Want* by Harville Hendrix. See above descriptions for more information. For times and cost, call 734-424-2797; www.therapy4couples.com, carole@therapy4couples.com.

Finding Your Soul Mate with Shala Kilmer • Mar. 20, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much mor information from channeled sources on soul mating. Limited to eight people. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Mary Ledvina • Tuesdays, 11 a.m.-2 p.m. • Walk in and restore with a chair massage for lunch! $1 per minute. 10% discount for downtown employees. No appointment needed. Call 665-2757 or 646-9161; mary@humantouchtherapy.com.

Thermal Acupressure Massage Treatments with Ceragem Center • Monday through Friday, 10-8 and Saturday, 10-3 • Drift away on a sea of relaxation on a state-of-the-art thermal acupressure massage bed at Ceragem of Ann Arbor. Relieve your pain and stress while getting to the root of your health problems. Stop in everyday, except Sunday, for a free 40-minute session. Everyone welcome. Free. Call 434-6666.

Self Healing Massage for Active Adults with Edward Jackson • April 18, 3-5:45 p.m. • Sports and Asian massage techniques, pressure point location, lymph movement for fast healing after long workouts. $22 or $15 for Ann Arbor Y members. Call 663-0536.

700 Clock Hour Massage Therapy Program at the Ann Arbor Institute of Massage Therapy • Classes begin Feb. 25 • AAIMT is dedicated to assist each student in achieving excellence in the therapeutic skills, the personal awareness and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes: Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage and various components and related approaches to therapeutic massage. $25 application fee. $50 registration fee. $6,800 tuition. Call Cynthia Szabo at 677-4430 ext. 23, fax 677-4520; info@aaimt.edu or www.aaimt.com.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 9, 10 and 11; 8:30 a.m.-5 p.m. each day • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides complete and effective relief from chronic pain and tension. The student acquires an understanding of the principles and philosophy of myofascial dysfunction. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 23, 24 and 25; 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

Myofascial Therapies I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 16, 17 and 18; 8:30 a.m.-5 p.m. each day • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Other topics covered include body psychology and concepts of armoring, past trauma, bodywork boundaries and safety issues, and biomechanical aspects of strain. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

Myofascial Therapies II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 20, 21 and 22; 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

Myofascial Therapies III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Mar. 12, 13 and 14; 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

> True light that makes true vision possible is not the light the body's eyes behold. It is a state of mind that has been so unified that darkness cannot be perceived.
>
> - A Course In Miracles

Anatomy Review and Palpation Skills with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 6 and 8; 8:30 a.m.-5 p.m. each day • This is an experiential class. This workshop is designed to expand the student's ability to palpate body landmarks, pulses and muscles. There are exercises to increase self and sensory awareness. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; www.aaimt.com.

Seated Massage with Margaret Szedenits at the Ann Arbor Institute of Massage Therapy • Mar. 27, 8:30 a.m.-5 p.m. • The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. .7 CEU's. $150. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Sports Massage I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • April 3 and 4, 8:30 a.m.-5 p.m. each day • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre and post event work, maintenance work and injury assessment and treatment. $250. 1.4 CEU's. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Principles of a Great Massage with Brodie Burris • Feb. 21 or April 17, 9:30 a.m.-1 p.m. • In a clean, comfortable environment, learn the basic principles of giving a great hand, foot, head, neck and shoulder massage. In a completely hands-on workshop, learn from a professional the distilled techniques which can make a non-professional great. $150 for individuals, $200 for couples. Call 975-2745.

Medicine for the Earth

Medicine for the Earth: Personal and Environmental Transformation with Kate Durda and Stephanie Tighe • April 3, 9:30-5 and April 4, 9:30-4 • Powerful two-day experiential workshop is based on the work of Sandy Ingerman in her book Medicine for the Earth. You will learn how to transform personal and environmental pollution by learning how to transmute negative beliefs, attitudes and the energy that comes forth from our emotions. The process continues with learning how to work in cooperation with our helping spirits and the spirits of the land as well as getting in touch with our own divine nature to create transmutation, culminating in healing ceremony. $100-$150 sliding scale. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Meditation

The Silence in Myself with Prema Jackson • Jan. 25 and Feb. 1, 11:30 a.m.-1:30 p.m. at Crazy Wisdom's Community Room • This workshop consists of an interesting mix of yoga and meditation. It will explore various techniques for entering the meditative state, including Hatha Yoga and exercises in concentration and visualization. Free. Call Kapila Castoldi at 994-7114.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month; 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381.

Good Friday Meditation with Lighthouse Center • April 9 at Noon • Gather at Noon and begin mantra meditation at 12:30 to honor the Christ consciousness of love and forgiveness. Veggie potluck follows. No cost; love offering. Call Prachi at 734-449-4381.

Meditation Course with Sarah Addae Pizzimenti, ordained Dharma Teacher of Stillpoint Buddhist Temple • Feb. 8, 15, 22; or April 11, 18, 25; 1-3 p.m. • This is a three-day meditation course that covers breathing, postures, history and various forms of Zen meditation. $60. Call P'arang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

Huron River Sangha • Thursdays, 7:15-9:15 p.m. • Meditation practice and study of the teachings of Venerable Thich Nhat Hanh. Each meeting consists of sitting and walking meditation and Dharma discussions. New participants welcome. Call Laura Seligman at 734-327-1180; soaringcrane1@comcast.net.

How to Meditate Using Chakras, Mantras and Breath with Dennis K. Chernin • Feb. 7 for Beginners and Feb. 14 for Intermediate and Experienced Students, 11:30 a.m.-4 p.m. each day at the Crazy Wisdom Community Room • These workshops will systematically approach meditation and its effects on the body, breath, conscious and unconscious mind, and higher levels of consciousness. There will be in-depth discussion and teaching of postures to sit for meditation and on breathing exercises that prepare the student for deeper concentration practices. Meditation techniques will be taught with special focus on energy centers (chakras), sounds (mantras), and visual images/geometric forms (yantras). The intermediate class will delve more deeply into the ideas of kundalini, the use of seed mantras, breath retention and locks, levels of consciousness, and more advanced techniques. We will explore the relationship between chakra based meditation and psychotherapy. Come to either or both workshops. $100 each day with student discount possible. Call 973-3030; www.dennischernin.com or dennischernin@hotmail.com.

Meditation for Adults: The Yogic and Tantric Ways with Ema Stefanova • Sundays, 3:40-6:40 p.m. • An absolutely religion-free traditional yogic meditation practice - lots of methods introduced to suit your temperament, beliefs, lifestyle, health, etc. Expert guidance in meditation on the breath, sound, light, chakras, mantras and much more. For cost, call 665-7801; emastefanova@cs.com.

Tuesday Night Meditation Commitment Class with Barbara Brodsky, Dave Coupland and Frank Levey of Deep Spring Center • First and Third Tuesdays of each month for 9 Weeks: Feb. 3, 17, Mar. 2, 16, April 6, 20, May 4, 18, June 1; 7:15-9:30 p.m. • "The Path to Freedom: Learning from Life and Meditation." A continuing class for students at any level beyond introductory who are willing to make a commitment to attend classes regularly, sit at least five times per week and do suggested exercises. Focus will be on deepening the practice and relating the practice to daily life. What is happening on the cushion, and what does that tell us about our minds and our lives? Half of our time will be spent with deepening meditation through practice and small group discussion, and half in large group discussion of practice in daily life. $45 with optional donation for teachers. Call DSC at 477-5848, Dave at 995-5344 or Frank at 657-8742; info@deepspring.org.

Thursday Night Continuing Meditation Class with Cassie Cammann and Dave Lawson of Deep Spring Center • Alternate Thursdays for 9 Weeks: Feb. 12, 26, Mar. 11, 25, April 8, 22, May 6, 20 and also in June; 7:15-9:30 p.m. • The theme for the class is "Waking Up and Letting Go: Insight Meditation and Support Practices." We will be using insight meditation and support practices from other spiritual traditions to investigate the process of waking up and letting go in our daily lives and our meditation practice. Anyone who has completed the introduction to insight meditation class or has an ongoing meditation practice is welcome. $45 with donations accepted for teachers. Call Cassie at 662-6704 or Dave at 662-8317; info@deepspring.org.

Insight Meditation for Beginners and Continuing Students with Larissa Czuchnowsky and Susan Weir of Deep Spring Center offered through Community Rec & Ed • Six Wednesdays beginning Feb. 4, 7:30-9 p.m. • This class is designed for both the beginning meditator and for those meditators wishing to enrich their practice. Vipassana or Insight Meditation is an ancient teaching of moment-to-moment choiceless awareness. Although the techniques come from the Buddhist tradition, this course has no religious content and is suitable for persons of any religious background. As one studies and practices these simple techniques on the cushion, one's daily life becomes easier and less stressful. One learns how to live more skillfully. $45. Class size is limited. To register, call 994-2300 ext. 227. For class content info, call Larissa at 657-8742 or Susan at 663-1675; info@deepspring.org.

Insight Meditation for Beginners and Continuing Students with Ann Barden and Susan Klimist of Deep Spring Center offered through Community Rec & Ed • Six Tuesdays beginning April 13, 7:30-9 p.m. • See above description. $45. Class size is limited. To register, call 994-2300 ext. 227. For class content info, call Ann at 994-1026 or Susan at 327-9369; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday: Sitting Meditation 9:30-10:30 a.m. followed by a half-hour discussion • Sunday morning sitting and dharma discussion. No registration needed. Donations gratefully accepted. Call 663-1675; susan@weirdolls.com or info@deepspring.org.

Vipassana Basics Retreat at Howell Nature Center with David Lawson and Frank Levey of Deep Spring Center • Mar. 26-28 • The foundation for the weekend is Insight Meditation and the various supports for spiritual practices and is suitable for beginning and intermediate students or those who are attending their first retreat. A quiet space will be maintained for those who prefer little or no instruction. We will bring attention, mindfulness and presence to whatever is going on in mind/body. A focus will be on integrating the practice into all aspects of our daily lives. $160 with optional donations to the teachers. Call 477-5848 or Pat Shalis at 996-3743; info@deepspring.org.

Vipassana Retreat for Continuing Students at Howell Nature Center with David Lawson and Frank Levey of Deep Spring Center • Mar. 5-7 • For intermediate and experienced practitioners of Insight Meditation. We will practice with watching the move from the object to mental formations or body contraction around the object, knowing where to bring attention; when there is mental, physical or energetic contraction with an object, what is the relationship to contraction? We encourage meditators to commit to the residential retreat experience, which provides conditions for easing into a more sustained silence and stillness of body-mind-heart and opening to a greater depth of practice. $160 with optional donations to the teachers. Call 477-5848 or Pat Shalis at 996-3743; info@deepspring.org.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursday evenings, 6:15-8:30 • Courses begin Jan. 15, Mar. 4 and April 15. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $100-$120. Call 761-6520; a2buddha@provide.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Jan. 31, Feb. 21 and April 24; 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of slowing down, silence and mindfulness. $50 includes meals. Call 761-6520; a2buddha@provide.net.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 5, 7 p.m. to Mar. 6, 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accomodation and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Menopause

Completing the Circle: A Workshop on Menopause with Sharon Oliver and Ruby Woods • Jan. 23, 7-10 p.m.; Jan. 24, 9 a.m.-11 p.m.; Jan. 25, 10 a.m.-6 p.m. • A workshop for women who will go through menopause, are in menopause or have been in menopause. Dr. Oliver and Ruby Woods will guide women into the full expression of the power of menopause. We will offer teachings on cycling through the change as well as ceremony as aids. $200. Call 313-368-2284; sunutmd@aol.com.

Men's Issues

Men at Midlife: Telling Our Stories, Taking Our Steps - An All-Day Woodland Retreat with Michael Andes • Mar. 6, 10 a.m.-8 p.m. • In a small group setting close to Ann Arbor, we will focus on offering and receiving support around the life changes we all face. The setting is a private cabin on 70 acres. Together, we will create a relevant ceremony to honor our passages. $85 includes two wholesome meals and snacks. Call 662-5215; mandes@comcast.net.

Men's Issues Therapy Group with Cam Vozar • Mondays beginning Jan. 5, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per session with some insurance accepted. Call 747-9073; cvozar@aol.com.

> Men are not free when they are doing just what they like.... Men are only free when they are doing what the *deepest self* likes. And there is getting down to the deepest self! It takes some diving.
>
> - D.H. Lawrence

Meeting of Men with Marty Keck through Visitation • Thursdays: Jan. 15, Feb. 26, Mar. 25, April 22; 7-9 p.m. • What does it mean to search for God? What does it mean to be Christian men in our society? Reflecting on the lives of Biblical men, we will share our experiences in light of their stories. $5 per session or $20 for the series. Call 734-242-5520; visitation@ihmsisters.org.

Mid-Life

Mid-Life Directions: A Workshop for Personal and Spiritual Growth for Adults Ages 35-65+ with Monica Stuhlreyer through Visitation • April 24 and May 1, 9:30 a.m.-4 p.m. • This workshop is a time to look at our mid-lives as crisis, transition and new birth; a time to ask anew the ultimate question: What is the purpose of my life? It takes seriously the psychologist, Carl Jung, who said, "We cannot live the afternoon of life according to the program of life's morning." The workshop helps us reflect on this afternoon of our life and see that time as an opportunity for a whole new kind of growth. $100. Call 734-242-5520; visitation@ihmsisters.org.

The Crazy Wisdom Calendar

Mothering

A Sacred Pact: The Art of Mothering as Spiritual Practice with Jill Blixt • Mar. 14, 11 a.m.-3:30 p.m. • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention, but it also asks us to reflect on what it means to be a guardian of another soul. We often get caught up in the "doing" of mothering to the point of exhaustion. Mothering is not about becoming a martyr to another's needs. It is about cherishing yourself as well as your children. It is about balance. Come clarify your perspective about "being" a mother. Come honor your sacred journey. Come cherish and recharge yourself. $45 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in sessions open to all parents of little ones to share resources, ideas and support for attachment style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs with guest speakers from the community. Free. Call 424-0220; info@newmoonmidwifery.com.

Movement & Dance

Moving with Spirit: Embodied Presence and Authentic Movement with Robin Graubarth • Early or Mid-March, 12:30-5 p.m. • This workshop will offer women an opportunity to explore authentic movement as a movement and contemplative practice, and as a resource for inspiration and creativity. We will engage our experience with a focus on the soul's embodiment and spirit. We will also integrate the practices of writing, art, silence and sharing in community. No formal movement experiences is necessary. Come with a readiness to awaken the wisdom of the body, come to relax, to experience divine play and to enjoy! $45 includes art materials and snacks. Call 665-2345; redrobinah@aol.com.

> Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go; first of all in your own home. Give love to your children, to your wife or husband, to a next-door neighbor.
>
> - Mother Theresa

Ann Arbor Authentic Movement Group • Bi-weekly on Wednesday evenings • We are a peer group, meeting since 1996 to explore authentic movement in community. Authentic movement is a form of self-directed movement with a witness. Movers follow the body's impulses to move or be still; witnesses hold the space for their own and the mover's process. Our approach to authentic movement is as personal process, psychological narrative, creative resource and the moving imagination. We open our group occasionally to new members and invite people who are interested to explore their embodied selves to join us.. Nominal space rental fee. For dates and times, call Robin at 665-2345; redrobinah@aol.com or Peter at 878-2900; pfnorlin@earthlink.net.

Moving through the Scriptures with Janene Ternes of Prayer in Motion • Feb. 7, 9 a.m.-3 p.m. • Learn how to pray the scriptures through movement, including basic moves to music and guided meditation. Themes focus on healing, trust, love and responding to God's call. Designed to include all levels of physical ability. $35 includes lunch. Call 429-7754; prayerinmotionjt@aol.com.

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • From the beginning of time, movement, song and story have brought people together. The Dances of Universal Peace are simple, direct and accessible. Dancers join hands to dance in a circle while singing sacred phrases from the world's spiritual traditions. Each dance is easily learned; within a few minutes, people are moving and singing in peace and joy. No experience needed. All welcome. $5 donation optional. Call 996-1332; smidd@comcast.net.

Music & Sound

R. Carlos Nakai Concert with William Eaton and Will Clipman • April 5, 7:30-9:30 p.m. at Midland Center for the Arts • Native American flute wizard R. Carlos Nakai often performs as a soloist, but in April he comes to Midland as part of a Southwestern power trio that includes guitarist William Eaton and percussionist Will Clipman. $26 or $21 for students. Call 800-523-7649 for tickets. For more information, call 989-837-1885; creative@mindnet.org.

Meditation Concert for Sensual Spirits with Norma Gentile • Date and time to be announced • An evening of sacred chant by the 12th century mystic and abbess, Hildegard von Bingen. A sensual feast of the heart, Hildegard's chants were written as a means for people to come into communion with spirit. Relax into a meditation time as they are sung by Norma and accompanied by sacred Tibetan singing bowls. Those present will learn how to do overtone chant, and will be invited to add their voices in simple toning to some of the songs. Here is an opportunity to experience sacred sound in its most natural form, the human voice. $15. For date and time, call 330-3997; info@healingchants.com.

All Rivers at Once: Contemporary Spiritual Art Music Concerts • Feb. 8 • Anna Hernandez, author of *The Sacred Art of Chant*, and Ruth Cunningham, formerly of the medieval vocal group Anonymous 4, will be singing and performing original compositions of sacred Buddhist, Hindu and Christian texts. For complete information, contact Joshua Penman at www.joshuapenman.com.

All Rivers at Once: Contemporary Spiritual Art Music Concerts • April 18 • A concert featuring chamber music by contemporary spiritual composers. For complete information, contact Joshua Penman at www.joshuapenman.com.

Native American

Spiritual Readings based on the Sacred Medicine Wheel with Dr. Waynonaha Two Worlds • Mar. 12, 7-9 p.m. in Crazy Wisdom's Community Room • Readings are $50-$65 sliding scale. For more information, call Rosemarie Varga at Red Hawk Publishing at 734-260-2646; uqaainc@sbcglobal.net.

Medicine Wheel of Emotions with Dr. Waynonaha Two Worlds • Mar. 13, 11 a.m.-6 p.m. in Crazy Wisdom's Community Room • This workshop involves working with your gifts to find solutions or guidance in your everyday life. $65-$110 sliding scale. For more information, call Rosemarie Varga at Red Hawk Publishing at 734-260-2646; uqaainc@sbcglobal.net.

Herbal Medicine for Women with Dr. Waynonaha Two Worlds • Mar. 14, 11 a.m.-6 p.m. in Crazy Wisdom's Community Room • This workshop focuses on sharing traditional Native American medicines and herbals for childbirthing as well as for the childbearing years. We also will discuss herbal remedies for women during their time of moon changes. For more information and cost, call Rosemarie Varga at Red Hawk Publishing at 734-260-2646; uqaainc@sbcglobal.net.

Natural History

Biodiversity Discovery Day at University of Michigan Exhibit Museum of Natural History • Mar. 20, 10 a.m.-4 p.m. • See live lampray eels (an invasive species in the Great Lakes). See live rainforest animals (presented by the Living Science Foundation). Learn about UM's environmental stewardship efforts. Enjoy music about animals and nature (performed by an ensemble from the Ann Arbor Symphony Orchestra). Plus craft activities for children and more. Free. Contact www.exploringdiversity.org.

Naturopathy

A Naturopathic Approach to Infertility with Michele Loewe sponsored by People's Food Co-op • Feb. 10, 7-8:30 p.m. • Conventional medicine doesn't hold all the answers for infertility. Come learn about natural approaches to diagnosis, support and treatment. Free. Call Laura Meisler at 994-4589; info@peoplesfood.coop.

Nutrition & Food Medicine

Eat According to Body Type with Linda Greene • Mar. 24, 9-11 a.m. or 5:30-7:30 p.m. • Each of us is a unique individual. While there are certainly general principles for good nutrition and digestion, it is crucial that we recognize how to nourish our particular body within that framework. Using polarity nutrition principles, which are based on the same elemental energies as the chakras, and muscle testing to determine your individual elemental body type, we will create a customized dietary approach for you. $120 includes two private consultations. Call 662-2029; lingreene@aol.com.

Keeping a Conscious Commitment to Health with Judy Stone • Thursdays: Jan. 8, 15, 22, 29, Feb. 5, 12; 6:30-8 p.m. • This six-week nutrition and health-coaching group will help move through nutritional confusion and overcome resistance to change. The group will provide information, health solutions, dietary planning, practical kitchen skills, motivation and support for taking action. Take Two Apples and Call Me In the Morning by Judy Stone is the course manual. $150 includes book. Call 994-5549; www.nutritionmagician.net/events.htm.

Parenting

Mindful Parenting with Sarah Addae Pizzimenti of Still Point Buddhist Temple • April 10, 1-4 p.m. • A Buddhist approach to parenting. $30. Call P'arang Geri Larkin at 313-831-1005; stillpointabbey@sbcglobal.net.

The Sufi Path is a way that opens the heart deeper and deeper to a tidal wave of love. I am amazed and thankful that God the merciful and compassionate would so bless us.

All my life I wanted to know God, to drink directly from his love and beauty. The Sufi Path offers all of us this incredible opportunity-not just to talk about God but to taste the sweetness of His love. The door is always open for anyone who wants to know God in this way.

— Kirk Laman, Sufi Teacher and Board Certified Cardiologist

If You Want Your Life to Change, Change Your View with Keith Copeland • Mar. 21, 2-4 p.m. • Most of us have experienced frustration with our lives, whether it is something, someone or perhaps some aspect of ourselves. You will begin to learn change techniques that have aided thousands in implementing real and meaningful change. Improve your life and make it all you have hoped for using these techniques. $25. Call 487-5864; keith@copelandassoc.com.

The Secret for Creating Anything You Want with Keith Copeland • Feb. 4, 2-4 p.m. • Through our intentions, we have the lives and things we have created. You will begin to learn how to consciously create anything you want. Use your mind powerfully and enjoy all you were meant to have. $25. Call 487-5864; keith@copelandassoc.com.

Do It Now: Manifesting Your Dreams, While Living the Life You Have with Jill Blixt • Feb. 1, 8, 19; 11 a.m.-3:30 p.m. each day • We often long to make changes in our lives but stall because we don't know how to get from where we are to where we want to be. We believe our lives need to change before we can manifest our dreams. Then we wait. The truth is we often don't know where to begin. Instead of being paralyzed, we can take one small step after another toward our goals. We can champion and nourish ourselves with what is positive in our current lives. Come detail your dreams and create a do-able plan. Come take action and build momentum as you bring your dreams into reality. $135 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Envisioning a Clear Path or The What's Next? Workshop with Matruka Sherman and Richard Mann • Wednesdays, Jan. 14-Feb. 18; 7-8:30 p.m. • This workshop is designed to explore important life choices that lie ahead, especially for young adults who are trying to decide what weight to give their skills, the practical realities as they assess them, the momentum of their personal relationships, their deepest values and their spiritual agenda. Through small group discussion and exercises, you can gain clarity about your life purpose and confidence in your own unique contributions. $40 per session for six weeks. Call Matruka at 213-7475; matrkasher@aol.com.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Feb. 21, 1-4 p.m. • Free yourself from the past... change your life. You will be taken to a previous life, discover what caused the block and have all energy blockages removed. Expect change... what's in store for you? Limited to six students. $99. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Past Life Regression: Three-Week Series with Shala Kilmer • Three weeks starting Monday, Mar. 8; 7-9 p.m. • Experience past lives of your choice in vivid detail. You will find interesting similarities between past lives and your present life. Participants report regressing is easy and a lot of fun. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Past Lives, Dreams and Soul Travel with Eckankar of Ann Arbor • Jan. 14, 21, 28, Feb. 4; 7-9 p.m. at Crazy Wisdom's Community Room • A free four-week class based on the book Past Lives, Dreams and Soul Travel by Harold Klemp, the spiritual leader of Eckankar, Religion of the Light and Sound of God. The class will teach you how to recall past-life lessons for help today, find guidance in dreams and discover your natural ability to Soul Travel home to God. Free. Call 913-9822; www.eckankar.org.

Peace

24-Hour Meditation for World Peace at Lighthouse Center • Feb. 7 at 7 p.m. through Feb. 8 at 7 p.m. • The 11th 24-hour meditation for world peace through inner peace will be held at the Lighthouse Center. Open to all meditators. Come and stay for an hour or two, or the entire time. Juice and veggie snacks provided. No cost; love offering. Call Nirmala at 734-663-2218.

Personal Growth

Booksigning and Book Talk by Local Author Keith Copeland • Saturday, Feb. 7; Book Signing: 3:30 - 4:30. Book Talk: 4:30 p.m. at Crazy Wisdom Bookstore • "Designing the future of your dreams" will be the focus of Keith Copeland's session. Copeland is the owner of the Ann Arbor Quest Center, a martial arts school. Keith will read from his book, *The Path To Yourself*, which is designed to help the reader find their deeper, truer self. Keith will also lead the group through experiential exercises to help them gain greater insight into themselves and their future. Free. For more information, call Crazy Wisdom at 665-2757.

An Evening with Iyanla Vanzant at Renaissance Unity • Jan. 29, 7:30 p.m. • In her own words, Iyanla Vanzant is "just an ordinary person committed to doing extraordinary things." She is the author of *Until Today*, *Tapping the Power Within*, *Living Through the Meantime* and *Acts of Faith*. $40 or $30 in advance. Call 586-353-2300; www.renaissanceunity.org.

Piercing the Veil of Perception: Seeing Life As It Really Is with Keith Copeland • April 18, 2-4 p.m. • We have developed a framework that gives us a basis for how we see reality and function in life. In this two-hour seminar, you will begin to discover what programming you are operating under, see if it is meeting your needs and begin to develop your own program for greater success and happiness. Take control of your life and thoughts to have the life of your dreams. $25. Call 487-5864; keith@copelandassoc.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Jan. 7, Noon-1:30 p.m.; Part 2: Jan. 14, Noon-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Tapping Into Joy: Emotional Freedom Techniques Beyond the Basics with Bronwen Wildflower Gates • Mar. 1, 10 a.m.-4 p.m. • What is joy? How can we experience more joy in our lives? This workshop will explore joy and how to use tapping techniques, like the Emotional Freedom Technique popularized by Gary Craig, for creating change, for skill development and for affirming choices you want to make to create more joy-full experiences of life. $63 includes materials. Call 734-424-2744; bronwild@aol.com.

Making Life Easier: Using Emotional Freedom Techniques to Make Change In Your Life with Bronwen Wildflower Gates • One Saturday per month, 10 a.m.-4 p.m. • Do you want life to feel easier? Are there habits and behaviors, thought patterns and relationships, that seem to debilitate no matter what you do? Come and learn how to use this "tapping technique" together with other methods of energy healing, to create more flow and freedom, and even resolution in your problem areas. Classes include demonstrations and practice time for you. **Jan. 24: Stress Management. Feb. 21: Addictions. Mar. 21: Body Image and Weight. April 24: Fears and Phobias.** $63 per class. Call 734-424-2744; bronwild@aol.com.

Have Fun with the Rest of Your Life with Mike Whitty • Jan. 28, 7 p.m. in Ferndale • Create your future with bravery and play. Become your own life coach and fun coach! Build your legacy on your passion and joy! Donations accepted. Call 248-594-7596; whittymd@udmercy.edu.

Power of Now Intensive with Patrice Sauve • Jan. 31, 10 a.m.-5 p.m. • Six-hour intensive based on the book *Power of Now* and the work of Eckhart Tolle. We'll focus on practical exercises to apply in your daily life situations, silent meditations and time for discussion/reflection on the profound power of our observing witness and presence in daily living. $60. Call 734-262-9395; patenergy@yahoo.com.

Boundaries with Karlta Zarley • Feb. 21, 10 a.m.-4 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. This workshop will help you learn the five kinds of boundaries, how to identify them, put them in place, change them and keep them where you want them. Vegetarian lunch provided. $110. Call 734-433-9333.

Are You Grounded? with Karlta Zarley • Feb. 11, 7-9 p.m. • Do you lose things? Are you as effective in your activities as you would like? Are you easily distracted? Do you really know what "being grounded" means? You will cover the benefits of being grounded, learn how to tell if you've become ungrounded and learn some meditations to help you ground yourself quickly on your own. $20. Call 734-433-9333.

Everyday Enlightenment: The Twelve Gateways to Personal Growth with Andrew S. Taylor • Date and time to be announced • The path to personal growth leads upward through the gauntlet of human experience to the peaks of our potential. On this journey, you will encounter twelve gateways. *Everyday Enlightenment* by Dan Millman will be your map, compass and inspiration vehicle. Explore the challenges and the mysteries of body, mind and emotions. Discover a new approach to success. Change confusion into clarity, and knowledge into action. $250. For dates and times, call 669-4262 or 904-5681; drewman42@yahoo.com or drewman42@aol.com.

The Crazy Wisdom Calendar

Poetry

Crazy Wisdom Poetry Reading Series • Wednesdays, 7 p.m. at Crazy Wisdom Tea Room - Poets typically will read from their works, discuss their writing process and answer questions from the audience. Free. For more information, call 517-456-4970 or 994-3743; crazywisdomreadings@yahoo.com.

Jan. 14: A Reading by Students of Greenhills School with Mark Randolph • A reading of selected works by students from Mark Randolph's classes at Ann Arbor Greenhills School, which includes students from the 6th through 12th grades.

Jan. 21: Kelly Allen • Emerging writer Kelly Allen teaches in the Great Books Program at U of M and travels to Ireland every chance she gets. There will be an open reading to follow, with sign up at 6:30 p.m.

Jan. 28: Keith Taylor • Popular local author Keith Taylor is author of five collections of poetry and is Lecturer and Coordinator in Creative Writing in the Dept. of English at U of M.

Feb. 4: Joe Matuzak • Just in time for Valentine's Day, this workshop will look at how love poetry is put together and approached, looking at examples both classical and contemporary. Participants will play with different approaches, and an open reading by workshop participants, focusing on love poetry, will follow.

Feb. 11: Raymond McDaniel • This will be one of the first local readings by McDaniel since winning the National Poetry Series. He is a lecturer at U of M and manages Shaman Drum Bookshop reading series and press.

Feb. 18: Community Readers • This is an open community poetry reading, with sign up beginning at 6:30 p.m. All local writers are encouraged to share their poetry in a relaxed, informal atmosphere that encourages positive response.

Feb. 25: Bob Barnett • Robert Barnett is a poet, critic and Associate Professor of English at U of M-Flint. There will be an open reading to follow, with sign up at 6:30 p.m.

Mar. 3: Peter Sparling • Peter Sparling is professor of dance at U of M and artistic director of Ann Arbor's Dance Gallery Foundation and Peter Sparling Dance Company. There will be an open reading to follow, with sign up at 6:30 p.m.

Mar. 10: Jan Worth • Jan Worth teaches writing at U of M-Flint.

Mar 17: Josie Kearns and Deanne Lundin • Focusing on the contributions of Irish women poets, authors Kearns and Lundin will illustrate Tagmemics, a nine-point imaging system, a writing heuristic that can be used to create poetry. Workshop participants will write a tagmemic, be given examples and the workshop culminates in a reading of tagmemic poetry from participants.

Mar. 24: Reader to be announced • There will be an open reading to follow, with sign up beginning at 6:30 p.m.

Mar. 31: M.L. Liebler • Detroit author M.L. Liebler will read from his works including his just-released new book, *The Moon a Box: Poems of This World*, discuss his writing process (and his use of music as part of the Magic Poetry Band), and answer questions from the audience.

April 7: A Reading by UM College Creative Writers • University students in creative writing classes will not only share their work, but discuss writing exercises and revision techniques that help form their work. Students are culled from past Hopwood winners and current classes.

April 14: Open poetry reading and celebration of National Poetry Month • Audience members are invited to bring their favorite poems, either their own or from "famous" poets to share. Readers will be encouraged to discuss the reasons for their choices.

April 21: Terry Blackhawk • Detroit author Terry Blackhawk will read from her works, discuss her writing process and her work teaching writing to children and answer questions. She taught English and creative writing in Detroit public schools for 28 years.

April 28: Josie Kearns, Deanne Lundin and Joe Matuzak • How do you get published? How do you revise work for publication? How do you submit? How do you choose where to send your work? This workshop will examine strategies for publication of individual pieces and collections of work. The next published book could be yours! Editors and local publishers will attend.

The Poetry of the Mystics: A Way of Healing the Wound of Separateness with Sue Wilhelm • Tuesdays, Jan. 13-Feb. 3; 7-9 p.m. • Through contemplative reading and reflection on the mystical poetry of three traditions, we will explore common images and what makes us one. Solomon, John of the Cross and Hafiz will be our sources from the Jewish, Christian and Muslim traditions. $15 per class or $50 for series of four. Call 419-344-1750; suemwilhelm@yahoo.com.

Poetry Reading with Matthew Zapruder, Joshua Beckman and Matthew Rohrer at Shaman Drum Bookshop • April 21, 8 p.m. • For complete information, call 662-7407.

Politics

17th Annual Reverend Dr. Martin Luther King Jr. Symposium • Jan. 19, 10 a.m. at Hill Auditorium • Lecture speaker Lani Guinier of Harvard Law School presents "Brown v. Board: Fulfilling the Promise." Many events offered from January 12 through February 2. For more information, call Office of Academic Multicultural Initiatives at 936-1055; mlksymposium.umich.edu.

Professional Enrichment

Professional and Ethical Boundaries with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Mar. 31, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This class covers the general aspects of professional and ethical boundaries, including confidentiality, sexual misconduct and massage therapy and intimacy. $47, .35 CEU's. Call Cynthia Szabo at 677-4430, ext. 23; fax 677-4520; info@aaimt.edu or www.aaimt.com.

Training Workshop for Psychotherapists: Working with Borderline Personality Disorder with Kathy Blough of SagePoint Institute • Feb. 6 or Mar. 5, 9 a.m.-3:30 p.m. • This training is for clinicians who want to improve their understanding and skills in working with clients diagnosed with borderline personality disorder. The main focus of the workshop will be on interventions from Dialectical Behavioral Therapy, Transactional Analysis, Developmental theory and Psychoanalysis. Limited to 12 participants. $150. Call 913-5404; katblough@comcast.net.

Educational Series for Mental Health Clinicians with Kathy Blough of SagePoint Institute • Feb. 20, 9 a.m.-1 p.m. • This training integrates approaches from Gestalt, Transactional Analysis, Redecision Therapy and Bodywork. New topics monthly include Gestalt Dreamwork and Working with the Body as shortcut to the mind. $400 per semester, payable $100 per group. Call 913-5404; katblough@comcast.net.

Prosperity

Using EFT (Emotional Freedom Techniques) and Other Energy Tools and Techniques to Create and Attract Prosperity and Abundance with Bronwen Wildflower Gates • Feb. 1, 10 a.m.-4 p.m. • Let this day provide an opportunity to explore how to invite more prosperity and abundance into your life. Learn what abundance and prosperity are to you, and identify and release beliefs, blockages and limitations that interfere with your experience of these energies in your life. $63 includes materials. Call 734-424-2744; bronwild@aol.com.

> I came from brilliancy
> and return to
> brilliancy.
> What is this?
>
> - Zen poem

Reiki

Drop-In Reiki at Crazy Wisdom Tea Room with Greg Weathers • Sundays, 3-6 p.m. • Come in to Crazy Wisdom and try a Reiki session! $1 a minute. No appointment needed. Call 665-2757.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Jan. 25, Feb. 28 or April 24; 9-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Mar. 27 and 28; Saturday, 6-10 p.m. and Sunday 10 a.m.-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Feb. 5, Mar. 4, April 1; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Jan. 23-25 or April 23-25; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 6-7; Friday 7-9 p.m., Saturday 10 a.m.-4 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

Curious about Reiki? Free Introductory Talk with Suzy Wienckowski • Mar. 31, 7-9 p.m. • Suzy Wienckowski speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, universal life energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini treatments will be offered. Free. Call 665-8665; suzyreiki@aol.com.

Retreat Opportunities

A Personal Retreat Weekend at Casa Estela, Windrise Retreat Center, with Estela Monjo and Nola Force • Jan. 9-11 • Experiential tools for living session plus time to relax, laugh, eat well, follow deer trails over 140 acres and perhaps listen a little differently to see your world in a new way. Thirty minute massage included. $275 per person for two nights/ double occupancy. Call Nola Force at 810-678-3290; reservations@windrise.com.

A Personal Retreat Weekend at Casa Estela, Windrise Retreat Center, with Estela Monjo and Nola Force • Jan. 16-18 or Feb. 20-22 • Experiential tools for living session plus time to relax, laugh, eat well, follow deer trails over 140 acres and perhaps listen a little differently to see your world in a new way. $250 per person for two nights/double occupancy. Call Nola Force at 810-678-3290; reservations@windrise.com.

A Personal Retreat Weekend at Casa Estela, Windrise Retreat Center, with Estela Monjo and Nola Force • Jan. 30-Feb. 1 or Mar. 12-14 • Intro to clay sculpting and the dance of Gabrielle Roth. Move aimlessly along forest and river paths and drink in the silence of Windrise Farm. $275 per person includes materials/double occupancy. Call Nola Force at 810-678-3290; reservations@windrise.com.

Be Your Valentine: A Personal Retreat Weekend at Casa Estela, Windrise Retreat Center, with Estela Monjo and Nola Force • Feb. 13-15 • Experiential tools for living session plus time to relax, laugh, eat well, follow deer trails over 140 acres and perhaps listen a little differently to see your world in a new way. $250 per person for two nights/ double occupancy, includes room and meals. Call Nola Force at 810-678-3290; reservations@windrise.com.

Monthly Personal Retreat Weekends at Casa Estela, Windrise Retreat Center, with Nola Force • Mar. 5-7 or April 2-4 or April 16-18 • A time for flowers and forest fairies as well as art in your garden. $275 per person includes meals and materials/double occupancy. Call Nola Force at 810-678-3290; reservations@windrise.com.

Shamanism

Opening Inner Doorways with Kenneth Deigh • Mar. 27, 10:15 a.m.-6 p.m.; Mar. 28, 11 a.m.-5 p.m. at the Crazy Wisdom Community Room • An introduction to shamanic technology for the modern perspective, developing the Shamanic Body as a means of altering consciousness and journeying with clarity and safety into the three worlds. Appropriate for anyone interested in shamanic practice and serves as a prerequisite for all later workshops in this series. $250 with early discounts offered. Call 513-481-3080; enki@one.net.

Shamanism Apprenticeship Program with Kate Durda of Spirit Weavers • First Meeting Jan. 10 in Lansing • Year-long apprenticeship program meeting once per month on Saturdays for intensive training and experience in Shamanism, journeying and healing work. We will not meet in June, July or August. For detailed information about this program, call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Shamanism and Extraction Healing with Myron Eshowsky of Spirit Weavers • Feb. 21-22 • Participants will be initiated into the extraction method of healing, including how to see, sense and remove localized spiritual illness and pain. Will include an extensive review of different methods of extraction including scanning/seeing into the body, use of eggs for extraction and divination, the importance of power songs and dances in doing the work and review of the nature of different types of intrusions that shamans extract. Strong journeying skills are a prerequisite. For more information and cost, call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Red Lodge: Shamanic Training in the Sweet Medicine SunDance Tradition with Debbie Mast sponsored by Flowering Tree Lodge • Mar. 18 or April 20, 7-10 p.m. • An introduction to Red Lodge, a year-long program in shamanic teachings and ceremonies that connect you to the natural world and unify your emotions, body, mind, spirit and sexuality. A one-hour description of the program is followed by an optional Sweat Lodge ceremony. Free. Call 248-414-5376; ftreelodge@aol.com or www.floweringtreelodge.net.

Women and Bear Medicine Intensive with Carol Proudfoot-Edgar through Spirit Weavers • April 22 at 4 p.m.-April 25 at 4 p.m. • Powerful four-day residential workshop for women in which you will be introduced to the major shamanic themes and activities of Bear Medicine. In many cultures, women who practiced the way of Bear carried knowledge and spiritual connections essential to both the health of the people and the prospering of the land and other inhabitants. All of us have some deep ancestral lineage to women who walked with Bear. We come to awaken this wisdom carried in our bones. For cost, call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Singing & Songwriting

Singing with Your Spouse with Kathleen Moore • Bimonthly Wednesdays, 7-8:30 p.m. • Small group voice instruction and songs to support your love. For primary life partner relationships and singers of all types and talents, we'll develop our voices and sing songs representing five stages of relationship development. It's fun and meaningful. Group size limited. $50 per couple per session. Call 668-8146.

Holistic Vocal Training: Group Singing Classes with Jesse Richards • Six week session starts Jan. 10; Saturdays, 10:30 a.m.-Noon • Holistic Vocal Training enables you to sing your best while developing greater self awareness, technical expertise, creativity and confidence. All vocal styles and levels welcome! Holistic Vocal Training is also beneficial for song writers, public speakers and those engaged in personal healing. $120. Call 995-2972; jessing@msen.com.

Spiritual Development

Author Talk and Reception: A special book talk by Barbara Brodsky, guiding teacher of the Deep Spring Center in Ann Arbor • Feb. 14, 4 p.m. in the Crazy Wisdom Tea Room • Barbara Brodsky's book is entitled *Presence, Kindness and Freedom: Aaron's Teachings on Living from an Open Heart.* Aaron is the spirit Barbara channels. She will be reading from the book, talking about the book and also talking about her recent journey to Brazil, where she lived for three weeks in a community founded by a Brazilian healer and shaman. She will take questions from the audience. Hors d'oeuvres and sweets will be served. Everyone welcome. Free. For more information, call Crazy Wisdom at 665-2757.

Spiritual Inquiry Program with Barbara Brodsky and Aaron (channeled) of Deep Spring Center • Second and Fourth Wednesdays for Nine Weeks: Feb. 11, 25, Mar. 10, 24, April 14, 28, May 12, 26, June 9; 7:15-9:30 p.m. • An ongoing program of spiritual inquiry with Barbara and Aaron. Who are we and how do we do the work for which we came into incarnation? We will consider the body (including energy), the mind and spirit. Subject matter will be determined by participants and work will build from class to class. Open to people at any level who are willing to attend class regularly, meditate at least three times per week and do homework exercises from Aaron. Students new to Insight Meditation must take an introductory class or receive formal basic instruction. $45 with optional donation to teacher. Call 477-5848; info@deepspring.org or bbrodsky@deepspring.org.

Sacred Path Fellowship with Gateways Center for Life Enrichment • Jan. 18: Indigo Children, Feb. 15: Sacred Geometry, Mar. 21: Spirit Guides, April 18: Sacred Sound; 1-3 p.m. • Sacred Path Fellowship is a gathering for the purpose of exploring a variety of spiritual and metaphysical concepts and ideas. Each gathering will feature a specific topic for discussion, along with meditation, music, singing, chanting or drumming. Donations accepted. Call 734-332-4666.

Evening Meditation and Dialogue for the General Public with Brenda Morgan • Jan. 29 and Mar. 18, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which inner enlightenment/no mind within has occurred. These evenings have been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. Brenda continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Love offering/donation. Call Susan at 665-0536.

Friday Evening Spiritual Seminars and Meditation with Brenda Morgan • Feb. 20: Spiritual Awakening and Cultural Distractions, April 16: Keeping the Peace vs. Being Peace; 7-9 p.m. • Brenda will, though the insight, wisdom and meditation arising from her spiritual transformation, share how to move into feeling your existence and what lives us all. $35. Call Susan at 665-0536.

One-Day Spiritual Intensives/Retreats and Meditation with Brenda Morgan • Feb. 21, April 17; 9 a.m.-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state helps to catalyze opening to the Universe. Only a sincere interest in opening to Spirit is necessary. The particular religious structure chosen should not conflict with they day's events. No experience necessary. $85. Call Susan at 665-0536.

Children's Sunday School through Lighthouse Center • First and Third Sundays, 10:30 a.m.-12:30 p.m. • For complete description, please see listing under Kids & Young Adults.

What in the World is Going On? with Nancy Anne Tappe through Gateways Center for Life Enrichment • April 4, 10 a.m.-5 p.m. • From a metaphysical viewpoint, and using the aura colors of countries and dignitaries, this workshop will focus on world events and circumstances, both political and social, our place in them, and our ability to see the bigger picture. This will be an interactive session, so bring your questions! $75. Call 734-332-4666.

The Bent-Over Woman (Luke 13) with Margaret Orlando through Visitation • Jan. 24, 9:30 a.m.-3 p.m. • Life presents us all with challenges that can seem overwhelming at times. Like the woman in Luke 13, we may feel "bent over" by the weight of stress and busyness in life. But healing and joy are within reach. This program will give you opportunity to reflect on life's current challenges in the light of Luke 13. Guided reflection, journal writing and discussion will be used to help discover insights and energy for the times ahead. $50. Call 734-242-5520; visitation@ihmsisters.org.

Journey with Ruth with Margaret Orlando through Visitation • Feb. 28 • Our journey into awareness about who we are and what God calls us to entails a journey into unfamiliar territory. In the Old Testament, Ruth is a wonderful guide for people who are moving into new places in life. This day is a time to reflect on current life experience in the light of Ruth's story. Reflection time, prayer and discussion will be used to help you discover new insights and energy for the ongoing journey. $50. For time, call 734-242-5520; visitation@ihmsisters.org.

Conversion: The Journey of Discovering Our Soul with Barbara Stanbridge through Visitation • Mar. 13, 9:30 a.m.-4 p.m. • This workshop will draw heavily on works of the Christian tradition: the Gospels, lives of saints and the works of Thomas Merton. Participants will be presented with a process of conversion, which is intellectual, emotional and behavioral, and will be led to examine their own lives in light of this process. This workshop will be interactive and allow time for personal reflection and conversation. $50. Call 734-242-5520; visitation@ihmsisters.org.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • First Tuesday of each month, 7-9 p.m. • This group combines the psychological and the spiritual to discover the "soul's journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

The Crazy Wisdom Calendar

Stress Management

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Jan. 6, Noon-1:30 p.m.; Part 2: Jan. 13, Noon-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Tapping Away Stress: Emotional Freedom Technique (EFT) with Bronwen Wildflower Gates • Jan. 15 or Feb. 9, 6:30-9:30 p.m. • This deceptively simple, yet incredibly powerful non-intrusive technique, that you can do anywhere, teaches you how to break out of debilitating emotional fear patterns within a short time frame - often less than half an hour. This introductory workshop will teach you the technique, give you some history and context and provide you with opportunity to practice and become confident in its use. $40 includes materials. Call 734-424-2744; bronwild@aol.com.

Tai Chi & Martial Arts

Women's Self-Defense Kung Fu with Si Fu Leanne C. Shultz • Tuesdays, Jan. 13-Feb. 10 or Mar. 9-April 6; 7:15-8:30 p.m. • Focus is on training and applying innate strength to effectively avoid, evade and disable attackers in any situation. Class instruction includes awareness of self and environment, vulnerable targets, nerve point striking and the use of personal items as efficient weapons. Students of any level invited to learn in a friendly, safe environment. $30 for five weeks. Call 734-223-3440; leanne@tsunamimoon.com.

Wu Style Tai Chi Chuan with Genie Parker • Beginners: Thursdays, 6:30-8 p.m. or Sundays at 4 p.m.; Advanced: Tuesdays, 6-8 p.m. or Thursdays, 7:30-9:30 p.m. • Wu Style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $25 per month for one class per week or $5 drop-in per class. Call 248-229-1060; wustyle-annarbor.com or info@wustyle-annarbor.com.

Beginning Chen Style Tai Chi Chuan with Richard Miller through Great Lakes Wushu • Beginning Jan. 5: Monday and Thursdays, 6-7:10 p.m.; Saturdays, 10-11:10 a.m. • Class will learn a 36-movement form during four-month session. Includes stance training, kicks and silk reeling exercises. $85 per month. Call 994-5980; greatlakeswushu.com.

Yin Style Baguazhang with Richard Miller through Great Lakes Wushu • Beginning Jan. 5: Monday and Thursdays, 7:30-9:30 p.m.; Saturdays, 11:30 a.m.-1 p.m. • Stengthening postures, strikes, turning the circle and applications are emphasized. A unique and practical martial art. $85 per month. Call 994-5980; greatlakeswushu.com.

Tai Chi Chuan Beginner Class with Master Wasentha Young • Jan. 5-Mar. 27; Mondays, 6-7:15 p.m. and/or Wednesdays, 10-11:15 a.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Tai Chi Chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Push Hands with Master Wasentha Young • Jan. 5-Mar. 27; Tuesdays, 8:15-9:15 p.m. • After completing the Tai Chi Chuan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield and neutralize force, ripples outside the class as one gains a sense of personal boundaries as they relate to oneself and others. Open to anyone who has completed a solo form of TCC regardless of style. $145. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword with Master Wasentha Young • Jan. 5-Mar. 27; Wednesdays, 8-9 p.m. • The Tai Chi Chuan Sword Form (double edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element water, and is therefore considered the highest of all the weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $145. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Theory with Master Wasentha Young • Jan. 5-Mar. 27; Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of chi kung: imagery and movement, Chinese Yoga and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Expanding Into Energy Pathways with Master Wasentha Young and Greg Knollmeyer • Jan. 17, Noon-3 p.m. • The experience of Yogic stretches, Acupressure and dynamic movements of Chi Kung taught in this session will leave you relaxed and with a sense of well-being. The intention underlying the combination of these health arts is to relax the muscles and open the joints. This along with centering the mind will offer an awareness and expansion of energy that is practical for any lifestyle. $85. Call Harmony of Energy Center/Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Ji Quan: Xu Gong Wei's Yang Style (108 Movements) with Allan Guilpain • Jan. 31, 11 a.m.-1 p.m. • Allan Guilpain will give a short historical outline on Tai Ji Quan (Tai Chi), talk about Xu Gong Wei's Yang Style and show parts of the form. The class is an initial meeting to found a regular workshop to learn the 108 movements Yang style. Donations accepted. Call 994-4270; alguilpain@hotmail.com or www.acupunctureannarbor.com.

Tarot & Divination

> My soul can find no staircase to heaven
> unless it be through earth's loveliness.
>
> - Michelangelo

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Tuesdays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

Drop-In Tarot Readings with Elaine Ries in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • $1 per minute. 15 minute minimum. No appointment necessary. Call 665-2757.

Tarot: Learning to Tell the Stories with Jeanne Adwani • Seven Wednesdays, Mar. 3-April 14; 7 p.m. at Crazy Wisdom Community Room • This class is designed to introduce you to the Tarot, its numerology and elemental relationships. You will be learning how your birthday, and your year card can deepen you on your own personal path. This interactive seven-weeks is full of potential play, story telling and a look at Tarot from a new perspective. $140. Call 734-320-3973; jeanne@intoowitgirl.com.

Tea

Crazy Wisdom Bookstore Tea Class and Tea Tasting with Jerri L. Dodge • Wednesday, Feb. 11, 7 p.m. -- Teas for Valentine's Day; Saturday, April 17, 2 p.m. -- Teas for springtime • Join us at Crazy Wisdom to experience the world of teas. From centuries old rituals to current health benefits, this class and tasting will expand your knowledge and love of teas. Crazy Wisdom Tearoom, home to the finest selection of quality teas in the region, hosts this fun and relaxing class where you get to taste a variety of teas like the pros and learn to make the most of the leaves. From the serene Japanese Tea Ceremony to the social hauteur of English Afternoon Tea to the communal greeting of the South American Mate ritual, we'll travel the world in a cup of tea. $5 per class, come to one or both. Call Jerri at 665-2757; jerri@crazywisdom.net.

Theatre

Fireside Festival at Performance Network • Jan. 15-18 • This festival is chock full of new plays in development, including scripts by local playwrights on their way to the National New Play Festival in Chicago. $5 for tickets to any reading. For complete information, call 663-0681; performancenetwork.org.

2004 Angel of the Arts Awards at Performance Network • Feb. 27 • Join us for our annual gala as we honor our angels' outstanding contributions with a celebration featuring a seated dinner, awards ceremony, entertainment, backstage tour, a uniquely fun "tag sale" and a heavenly silent auction. $100 per person. For complete information, call 663-0681; performancenetwork.org.

Spring Plays at Performance Network • Senior and student discounts available as well as "pay-what-you-can previews." For times and cost, call 663-0681; performancenetwork.org.
Spike Heels by Theresa Rebeck: Jan. 29-Feb. 29
Kimberly Akimbo by David Lindsay-Abaire: Mar. 11-April 11
The Threepenny Opera by Bertolt Brecht with music by Kurt Weill: April 22-May 30

Therapy & Support Groups

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 Sessions beginning Jan. 11, 6:30-8:30 p.m. • A group for sexual trauma survivors, oriented towards building and strengthening skills and resources for coping with the impact of that trauma on our physical, emotional and spiritual well being. Through guided discussions, creative activities and the building of trust, survivors are able to reduce distressing symptoms and further their journey of healing. $50 with sliding scale available per session. Call Anita at 332-0669.

Fertile Ground of Ann Arbor: A Supportive Therapy Group for Women Coping with Infertility with Michele Rivette and Ann Shields • Thursdays, 7-8:30 p.m. starting in January • Psychoeducational and supportive process group to assist with coping with infertility and other reproductive challenges: grieving, impact on relationships, self esteem and identity, sexuality, navigating the medical environment and alternative paths to parenting. $50 per session. Call Michele at 930-2200 or Ann at 622-6110; rivettem@umich.edu or shieldsa@umich.edu.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Third Tuesday of each month, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Compulsive/Binge Eaters Support Group with Cindy Gault of Center for Eating Disorders • Every Thursday, 5:30-6:30 p.m. • This ongoing, drop-in group is for individuals experiencing compulsive overeating patterns, overweight, yo-yo dieting, body shame or emotional eating. The group is discussion-based and psychoeducational and is not a substitute for treatment. $5 donation. Call 668-8585; cgault@umich.edu.

Anorexia/Bulimia Support Group with Cindy Gault of Center for Eating Disorders • Every Monday, 6-7 p.m. • This ongoing, drop-in group is for individuals experiencing symptoms of chronic self-starvation or food restriction, intense fear of fat, binge-purge patterns, exercise addiction, distorted body image or chaotic eating patterns. The group is discussion-based and psychoeducational and is not a substitute for treatment. $5 donation. Call 668-8585; cgault@umich.edu.

Eating, Weight and Body Image Disorder Treatment Training and Supervision Group with Judith Banker of Center for Eating Disorders • Second Tuesday of each month • Case consultation and training group for health care professionals meets on an ongoing basis. New members welcome. $25 per meeting. Call 668-8448; banker@umich.edu.

DBT Skills Training Group with Kathy Blough of SagePoint Institute • 16 Wednesdays beginning Jan. 14, 1-3 p.m. or 16 Thursdays beginning Feb. 12, 10 a.m.-Noon • This program is designed for people diagnosed with Borderline or other mental health diagnosis, and experience depression, anxiety, suicidal feelings or engage in self-harming behaviors. The program focuses on healing of trauma, relationships and changing harmful behaviors. New groups begin monthly. $60 per week. Call 913-5404; katblough@comcast.net.

Ongoing Group Psychotherapy with Mark Blough • Mondays, 7-9:30 p.m. • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues are addressed in a safe and nurturing environment. $50 per session. Call 769-8283; mblough@comcast.net.

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, 5-6:30 p.m. • Learn and use concrete strategies for getting a grip on your anxiety - from excessive worry (Generalized Anxiety Disorder) to panic and phobias. Apply the treatment of your choice for anxiety - Cognitive Behavioral Therapy - in a supportive atmosphere over nine weeks. $40 per session. Call 222-4655; lkrauth@comcast.net.

OCD: Gaining Mastery Over Your Obsessive Compulsive Disorder with Laurie Krauth • Wednesdays, 6-8 p.m. • This nine-week group will help you reduce your symptoms and manage your OCD. It will use the Cognitive Behavioral Therapy model - the treatment of choice for OCD and anxiety disorders. $40 per session. Call 222-4655; lkrauth@comcast.net.

Traditional Chinese Medicine

Fundamentals of Chinese Medicine and Acupuncture: An Introduction with Michael Allan Guilpain • Jan. 24, 11 a.m.-5 p.m. • In this class, Allan Guilpain will present an historical outline of Traditional Chinese Medicine and introduce its fundamental terms. The emphasis of the class will be a discussion with time for questions. Donations accepted. Call 994-4270; alguilpain@hotmail.com or www.acupunctureannarbor.com.

Ohashiatsu Beginning I with Frances Farmer sponsored by the Ohashi Institute • Feb. 6-8 or Feb. 20-22; Friday, 6-9 p.m. and Saturday-Sunday, 10 a.m.-5 p.m. • Beginning level of Ohashiatsu introduces the concepts of Ki, yin/yang and the 12 meridians used in Chinese Medicine. Students learn to perceive the flow of Ki (energy) in the body and to observe its manifestations in the meridians, physical movements and personal habits. Basic techniques are taught which can be practiced immediately with friends and family. $450 with early registration discount offered. Call 998-0004.

Transpersonal Work

More than Talk Therapy: Integrating Energy Psychology into Psychotherapy with Lucinda Orwoll • Feb. 8, 2-4 p.m. • Traditional psychotherapy can be enhanced and deepened by such modalities as hypnosis, guided imagery, meditation, Eye Movement Desensitization Reprocessing and Thought Field Therapy, which develop and utilize inner resources. Other techniques engage the subtle bodies more actively, such as Reiki, Bach flowers and energy work. This class will introduce these approaches and how they can be integrated into traditional talk therapy. For cost, call 945-3024.

Women's Psychotherapy Group with Suzanne Eastman • Wednesdays, 7-9 p.m. • Two openings for women committed to growth using transpersonal tools in a nurturing, honest and intimate space. This winter/spring, we will focus on exploring our childhood and adolescence with pictures, memories, gathering information from our families, art therapy, guided imagery and psychodrama. $25 per session. Call 665-9588; suzanne@sunward.org.

Psychology: The New Spirituality? with Patricia Danks through Visitation • Feb. 22, 1-5 p.m. • What is the relationship between psychology and religion? Does it seem, as some groups suggest, that psychology is threatening to replace religion? This program will explore the relationship between psychology and spirituality, therapy and prayer, and focusing on self rather than on others. The program will include discussion on ways to be especially helpful for spiritual directors, ministers, social workers and others serving in counseling roles. $40. Call 734-242-5520; visitation@ihmsisters.org.

A Workshop on the Element of Air as Transmitter with Elizabeth Alberda • Jan. 24, 10 a.m.-4 p.m. • You are invited to work with the element of air as a transmitter. In shamanic and bioenergetic work, we shall explore from our ancestral memory what needs to be transmitted now. A set of spirit moves will be shared to open the spiritual flowers connected to our earth body. $55. Call 663-5457.

Travel

Drum, Dance and Balafon Trip to Guinea, West Africa with Like Water Drumworks • March 2004 for three weeks • Challenge your self, depart from your comfort zone and shake up your priorities. Drum, dance and play balafon every day with African masters, learn traditional arts, and eat fresh, healthy food. Trip includes airfare, food, transport, lessons and a djembe drum. $2,850. Call Ryan Edwards at 734-475-3158; likewaterdrumworks@hotmail.com.

Voice

Small Group Voice Class with Kathleen Moore • One Saturday per month, 11-12 and/or Two Wednesdays per month, 7-8 p.m. • Voice is an acoustic instrument, and the body's instrument, uniquely personal to each of us. These beginning level classes are fun, meaningful, informative and freeing. Learn to use your voice with greater expression and effectiveness. Open to singers and speakers of all types and talents. $30 per class or $175 for series of seven classes. Call 668-8146.

Teen Voice with Kathleen Moore • Once per month: Saturdays, 12-1:30 or Mondays, 4:30-6 • For complete description, please see listing under Kids & Young Adults. Call 668-8146.

Womenspirit

SpiritSisters Women's Circle • Third Tuesday of each month: Jan. 20, Feb. 17, Mar. 16, April 20; 7-9 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Feel free to bring any divining tools like tarot, runes, etc., to share. A short silent or guided meditation will be part of this gathering. $2. Call 428-8748; starlab6@aol.com.

A Mini Retreat for the Busy Woman with Margaret Gaffney through Visitation • Mar. 20, 9:30-11:30 a.m. • For many of us, our professional and personal lives demand all of our emotion and psychic energy. In this mini retreat, we will have the opportunity to nurture and refresh our spirits through scripture stories and personal reflection. Who should attend? Parents, educators, caregivers, health care professionals or anyone who would like some quiet time with God. Donations accepted. Call 734-242-5520; visitation@ihmsisters.org.

Work & Right Livelihood

Building a Business the Zen Way with Geri Larkin of Still Point Buddhist Temple • Feb. 14, 1-4 p.m. • This class covers the basic principles and ground rules needed for building a business of integrity. Strong emphasis on marketing. $30 includes the book *Building a Business the Buddhist Way*. Call 313-831-1005; stilllpointabbey@sbcglobal.net.

Finding the Passion Within: Discover Your Right Livelihood with Keith Copeland • Jan. 25, 2 p.m. • Creating the life of your dreams must begin with knowing what you are on this planet to do. You will learn to find your passions, what excites and drives you. Begin to see how to make your inner truths, your passions, become the drivers in your life and not the passengers. $25. Call 487-5864; keith@copelandassoc.com.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 5, 10-11:30 a.m.; Part 2: Jan. 12, 10-11:30 a.m. • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

The Crazy Wisdom Calendar

Writing & Poetry

Write Now: Claiming and Expressing Your Creative Voice with Jill Blixt • Mar. 7, 11 a.m.-3:30 p.m. • Do you have a story that wants to be written? Have you longed to write but haven't made time or space in your life to do so? Writers often struggle with consistency - how to create a structure that helps them break out of procrastination, perfectionism and fear. Join a group of like-minded people and build your momentum and skills as a writer. Whether you want to write fiction, non-fiction, poetry or memoir, you are invited to take action and write *now*. $45 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Giving Voice to Soul: Writing as a Spiritual Practice with Jill Blixt • Jan. 18 • We can experience our deepest truths when we develop a regular writing practice. It can bring us in closer contact with our soul's wisdom and our spirit's passions. We can nourish our soul's voice by taking up the pen and meeting ourselves on the page. This workshop is for anyone who wishes to experience writing as a means for clarity, insight and guidance. $45 includes lunch and materials. For times, call 665-4577; jillblixt@aol.com.

Journal Writing and Pets with Phyllis Perry • Four to Eight Weeks, Dates and Times to be announced • Learn an easy journal writing technique. Write about your relationships with pets and how animals bring you laughter, love and joy. $15 per session. Call 973-0003; pperry27@hotmail.com.

Yoga

Kundalini and Chanting Workshop at the Yoga Room with Erin Kamler • Feb. 5, 7:30-9 p.m. • Learn the basic techniques of Kundalini Yoga and the ancient healing art of mantra chanting and meditation. $20. Call Christy DeBurton at 761-8409; cdeburton@hotmail.com.

Vinyasa "Power" Yoga, Kundalini Yoga, Ashtanga, Better Backs, Hatha Yoga and Medayoga Classes with Christy DeBurton at the Yoga Room • Ongoing morning and evening sessions • If you are looking for a new and authentic yoga experience, join one of these classes. Small sized classes allow for individual attention and manual adjustments. New student discounts and new cozy neighborhood studio. For times, dates and cost, call 761-8409; cdeburton@hotmail.com.

Second Annual Yoga and Cross-Country Skiing Weekend Retreat with Christy DeBurton and Colette McLogan at Song of the Morning • Jan. 16-18 • Join us in the pristine wilderness of northern Michigan and experience a variety of yoga classes, cross-country skiing and delicious vegetarian meals. $130 includes accommodations, classes and meals. For more information, call 761-8409; cdeburton@hotmail.com.

Polarity Yoga Class with Linda Greene • Mar. 31, 9-11 a.m. or 5:30-7:30 p.m. • Polarity Yoga is a simple set of postures combined with gentle movement designed to open up, augment and balance the flow of energy in your body/mind. Based on classic yoga as refined by Dr. Randolph Stone, founder of Polarity, these postures increase vitality, muscle tone, stretch and ease in moving through life physically, emotionally, psychologically and spiritually. $35. Call 662-2029, lingreene@aol.com.

Yogamoves: Novice and Beginners with Gail Rucker of Ommoves Studio • Beginning Jan' 6: Tuesdays, 6:45-8 p.m. • The basics of alignment, attitude and action - yoga philosophy, classical postures and creative poses. Discover yoga from the inside, supported by Anusara-style alignment principles. No previous experience necessary. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes for three months. Call 994-3777; mymoves@aol.com.

Yogamoves: Multilevel with Gail Rucker of Ommoves Studio • Beginning Jan. 6: Tuesdays, 5:15-6:30 p.m.; Wednesdays, 10-11:15; Fridays 10-11:15 a.m. • Building on the accomplishments of the basic poses by facing the challenges and rewards of postures of greater difficulty, longer holds and more creativity. A year or more of experience is suggested. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes for three months. Call 994-3777; mymoves@aol.com.

Expressive Yoga with Gail Rucker of Ommoves Studio • Beginning Jan. 5: Mondays, 4:30-5:45 p.m. • A free form experience of yoga, movement, sound and symbols. Explore the mind, body, spirit interplay. It's spiritual, primal and playful. Open to all interested movers. Yoga experience is helpful. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes for three months. Call 994-3777; mymoves@aol.com.

Yoga Classes through Inward Bound at Friends Meetinghouse • Wednesdays, 4:30-5:15 p.m. • Inward Bound offers five levels of Hatha Yoga instructional classes. Special classes include Kripalu Yoga, Yoga for Kids, Prenatal Yoga and Postnatal Yoga. Drop-in classes include Astanga Yoga, Deep Stretch, Yoga Mix, Wake-Up Yoga, Postures to Sacred Music and Yoga Labs. For complete brochure, call 327-4963; info@ibyoga.com.

Anusara Style Yoga with Michele Bond of Yoga House • Classes begin Jan. 4 • Practice in a beautiful, serene setting using the Universal Principles of Alignment developed by John Friend, founder of Anusara Yoga. For complete information, call 734-358-8546.

Anusara Yoga with John Friend • April 22 • Internationally known yoga teacher John Friend comes to Ann Arbor for the first time. John is the founder of Anusara Yoga, one of the fastest growing Hatha Yoga styles. Anusara Yoga distinguishes itself by integrating a life affirming Tantric philosophy with the Universal Principles of Alignment. This helps all students gain a deeper experience of their hearts. For complete information, call 888-398-9642; www.anusara.com.

Yoga for Teens with Ema Stefanova • Mondays, 5:15 p.m. and Wednesdays, 4:30 p.m. • For complete description, please see listing under Kids & Young Adults. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Adults with Ema Stefanova • Sundays, 5 p.m.; Mondays, 6:30 p.m.; Wednesdays, 1:30 p.m. and 6 p.m.; Thursdays, 9:30 a.m. • Mixed level and excellent for beginners. Postures, breathing, relaxation and elements of meditation from a traditional and scientifically oriented yoga school to help you reach total fitness - a healthy body, emotional balance and heightened mental awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: Yoga Relaxation with Ema Stefanova • Jan. 10, 10 a.m.-1 p.m. • Two hours of Yoga Nidra conscious relaxation equals eight hours of sleep! This is an amazing technique that relaxes you deeper than deep sleep. Fully documented research and proven therapeutic technique for stress-induced illnesses. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Pranayama: Yogic Breathing with Ema Stefanova • Mar. 20, 3-6 p.m. • You will learn a variety of breathing methods from the yoga tradition conducive to good physical and mental health, prerequisites to successful meditation and a good quality of life. For times and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Introduction to Yoga and Meditation with Ema Stefanova • Jan. 11, 10 a.m.-1 p.m. or Jan. 17, 3-6 p.m. • Easy to do and suitable to every beginner. Traditional yoga and meditation practices you can easily implement in your daily life. Audio and video tapes available. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Classes at Zen Buddhist Temple • Tuesday evenings beginning Jan. 13, Mar. 2 and April 13. Yoga I (for beginners): 6-7:15; Yoga II: 7:30-9 • Beginning and experienced students in the classes learn traditional hatha yoga postures with an emphasis on relaxation, concentration and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill quickly, so register early. For cost, call 761-6520; a2buddha@provide.net.

WHERE DO WE DISTRIBUTE *THE CRAZY WISDOM COMMUNITY JOURNAL?*

We publish 5,000 copies of each issue of *The Crazy Wisdom Community Journal,* and it is distributed free all over town! If you would like to have 25 to 50 copies of *The Community Journal* dropped off at your office or center, please let us know. Below is a list of places we drop off copies of *The Community Journal* when it's fresh from the printers. Since our publication covers a four-month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Co-op, Castle Remedies, Kerrytown Market, and Nicola's Books. Copies of the current issue of *The Community Journal* are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 or 3 months covered by each issue. After that, they're gone.

Distribution points:

Whole Foods Market * Castle Remedies * Crazy Wisdom
Ann Arbor Institute of Massage Therapy * N. Campus Commons *
Kerrytown Market * Nicola's Books * Peaceful Dragon School
Flaming Jewel * The Food Co-op * Sweetwater
Common Language * Shaman Drum * Ancient Formula
Michigan League * Michigan Union * Middle Earth
The Zen Temple * The Lighthouse Center * Martial Medicinal Way
Deep Spring Center * Jewel Heart
The offices of: Complete Chiropractic * Brodie Burris
Penny Weaver * Bioenergy Medical * Stephen McLean
Lorraine Coburn * Rob Koliner

Teachers, Lecturers, Workshop Leaders and the Centers

Photo by Linda Lawson

Diane Evans does psychic and intuitive readings in the Crazy Wisdom Tea Room. She also teaches classes on the intuitive arts.

Aaron "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

Betsy Adams has had 25 years experience working with animals in many settings. She is an animal communicator and homeopathic practitioner.

Jeanne Adwani has been involved with the Stories of Tarot since the early 70's. She has done personal/couple readings since the early 80's and has been teaching for three years.

Laurie Akerros, BA, MA is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 25 years of training and experience in alternative healing modalities, including cranial-sacral therapy, esoteric healing, massage and vibrational essence therapies.

Elizabeth Alberda, an American shaman, trained in bioenergetics, soul retrieval and has been a teacher for 35 years.

Ron Allen is a senior seminary student and Detroit poet who is a recovering heroin addict.

Michael Andes has been leading and participating in men's groups, workshops and retreats since 1975. He is an artist and therapist in private practice.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 to 18 years.

Astrology Study Group of Washtenaw County is a consortium of serious astrology students and professionals who have been meeting since 1994. They use their association in order to present astrology in a positive and professional manner, network, sponsor lectures and workshops and to learn from one another.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing in San Francisco and Ann Arbor for 18 years.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 20 years.

Judith Banker, MA, LLP is a founding director of the Center for Eating Disorders and owner director of The Therapy Center of Ann Arbor. She has over 27 years of clinical training and experience in the field of eating disorders, obesity and body image treatment.

Beth Barbeau has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula and homebirth midwife.

Cori Rose Benitez has been doing healing work for 19 years and is founder of Changing Woman Creations, a collective of musicians, artists and crafters dedicated to empowering others through living their creative visions.

Linda Berry is a doctor of Chiropractic.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. She presents coaching, personal development workshops and creativity training sessions to individuals, businesses and non-profit and educational communities. She has studied with Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris, among others.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

Kathy Blough, Psy.S, LLP, is a therapist in private practice with training in Dialectical Behavior Therapy, Gestalt, Transactional Analysis, EMDR, Personality Adaptations and Group and Redecision Therapy.

Mark Blough, Psy.S, LLP is a therapist in private practice with training in Family Systems, Dialectical Behavior Therapy, Transactional Analysis and Group and Redecision Therapy.

Eileen Bond, MSW, ACSW, has been practicing psychotherapy for over 25 years and utilizes hypnosis for mind/body healing and integration.

Charles Booker-Hirsch is Pastor of Northside Presbyterian Church.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan has 20 years experience working as midwife, doula and childbirth educator. She is Executive Director of Center for the Childbearing Year and author of *Guide to Homeopathic Remedies for the Birth Bag and Vaccinations: Concerns & Alternatives Sourcepack*.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown has presented seminars and workshops in relaxation, meditation, altered states and metaphysics since 1972. She is a Melchizedek priest, serves as a spiritual coach and healer and performs personalized wedding ceremonies.

Brodie Burris has been practicing acupuncture, Chinese herbology and massage in Ann Arbor for over five years. He has a Masters in Traditional Chinese Medicine and is a certified massage therapist.

Anne Carbone is a RN, BSN, CHP, Reiki Master, Temple Academies energyworker and structural bodywork practitioner promoting mind-body-spirit integration for more than 15 years.

Center for the Childbearing Year is a non-profit educational and charitable agency founded by Patty Brennan.

Dennis K. Chernin, MD, MPH, has practiced and taught meditation and breathing techniques for thirty years. He currently practices holistic and family medicine in Ann Arbor.

Keith Copeland, MS, OD, is president of Copeland and Associates, an organizational development company focusing on improving human systems. He is also co-owner of Ann Arbor Quest Center, a life skills school focused on realizing your potential utilizing Martial Arts.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Jim Crowfoot, PhD, is Emeritus Professor at U of M.

Patricia Danks is a certified spiritual director and psychologist in private practice, specializing in the psychology of Carl Jung. She holds a PhD in Clinical Psychology from Pacifica Graduate Institute.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Its senior teachers include Ann Barden, Cassie Cammann, Dave Coupland, Larissa Czuchnowsky, Susan Klimist, David Lawson, Frank Levey and Susan Weir.

Kenn Deigh, a certified Structural Therapist, has spent 20 years studying various healing techniques, including hypnosis, NLP, creative visualization, shamanism, shiatsu and Chinese internal arts.

Eileen Dickinson has been a Physical Therapist for 25 years and Certified Trager Practitioner for five years.

Jerri L. Dodge had been the Crazy Wisdom Tearoom Manager for more than one year, and is now manager of both the bookstore and tearoom. Well versed in the history, origin and production of teas, she has trained tearoom staff and taught a class at Kerrytown Kitchen Port as well as educated many tearoom guests on teas.

Jim Dragun is a scientist who has studied technical analysis of financial markets for ten years and astrology and its influence on financial markets for three years.

Kate Durda, MA is a shamanic practitioner, esoteric healer, educator and developmental psychologist. She presents workshops on shamanism in the U.S. and Canada and is co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 25 years experience. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome and fibromyalgia. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness* and has lived with a chronic illness for 20 years.

Suzanne Eastman, MS, LLP, CSW, conducts dream and therapy groups, individual therapy and leads workshops with a background in Depth Psychology with Jungian, Buddhist, Shamanic, Bioenergetic and Gestalt influences. She chiefs sweat lodge ceremonies and assists people in developing personal rituals.

Ryan Edwards and Jerimiah Davis have been teaching drumming to youths and adults, relying on down-to-earth goodness and real care for the students. Ryan has studied drumming for over ten years in western institutions and in West Africa.

Ann Elder and Paul Bantle are the main farmers of Community Farm of Ann Arbor.

Phillis Engelbert is coordinator of Ann Arbor Committee for Peace.

Teachers, Lecturers,

Darren Schmidt is a Naturopath and Chiropractor who leads holistic health classes and workshops in the region.

Myron Eshowsky, MS has been a psychotherapist for over 25 years and has written extensively on the application of shamanic methods to psychotherapy. He has been studying and practicing shamanism for over 30 years and teaching shamanism for over 15 years.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Frances Farmer has practiced Ohashiatsu since 1994 and became a Certified Ohashiatsu Instructor in 2002. She has had a private practice since 1992.

Linda Diane Feldt, RPP, NCTMB, NC is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Coop. She is the author of *Massage: Learning to Give and to Receive* and *Dying Again: Thirteen Years of Writing and Waiting*.

Patricia Fero has 20 years experience in psychotherapy. She has her MSW from U of MI and is trained in Animal Assisted Therapy, with her companion animal Maxwell acting as co-therapist.

Barb Fisher is a Certified Reflexologist and instructor.

Lori Fithian has studied hand drumming and "rhythmacology" for the last 13 years and currently facilitates community drum circles and workshops for many different populations, from toddlers to seniors.

Flaming Jewel Dharma Center is the teaching center of western Tantric Buddhist Lamas Traktung Rinpoche and A'dzom Rinpoche.

Nola Force is a life coach, business advisor, mediator and artist.

Marcella Fox is an intuit with extensive training in shamanism in Peru, the United States and Canada.

John Friend is the founder of Anusara Yoga.

Friends of Wildlife is an independent, nonprofit volunteer organization dedicated to the emergency and extended care of orphaned and injured Michigan wildlife. Their goal is to rehabilitate animals in a professional manner that allows the animals to return to their natural habitat and live independently.

Melanie Fuscaldo, LPS, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Sally Gabany has been involved in drumming for several years and has experience in diverse prayer practices, including the labyrinth.

Margaret Gaffney, IHM is administrator of Visitation Spirituality Center, and has an MA in Education and a Specialist degree in Education Leadership.

Bronwen Wildflower Gates, PhD, is a biologist, herbalist, holistic healer and nature mystic. A practicing metaphysician, spiritual mentor, ordained minister and friend of Faerie, she has been a practitioner of energy medicine for more than 20 years, with more than 30 years experience as a teacher and facilitator.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit.

Cindy Gault, BSN, MSW is a psychotherapist and registered nurse. She has been involved with Center for Eating Disorders for five years.

Norma Gentile is a vocalist who has appeared on national tv, demonstrating the properties of Gregorian style chant to relax the body. Her articles have been published in national magazines and currently has three available recordings.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth is a member and facilitator of the Ann Arbor Authentic Movement Group, and has a Master's degree in transpersonal psychology. She has also studied creativity, ritual and women's studies/spirit.

Great Lakes Center for Healing Touch is a non-profit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Linda Greene is a polarity therapist interested in facilitating personal soul work. She is also trained in Transformational Kinesiology and Craniosacral Therapy.

Allan Guilpain is a therapist for Chinese Medicine in Ann Arbor. He has studied TCM and Yang Style Tai Ji Quan in China.

Richard Gull, PhD, is Professor of Philosophy at U of M-Flint.

Oran Hesterman, PhD, is an agronomist and program director of W.K. Kellogg Foundation.

Elizabeth Hurwitz is an attorney practicing in Ann Arbor and is treasurer of the Board of Directors of the Jewel Heart Health Center and Community Hospice.

Inward Bound Yoga consists of Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman and Dennis Vogt. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Edward Jackson has had twenty years experience in massage training and research in Asian massage and body repair, as well as Qi-Gong, yoga and martial arts.

Prema Jackson has been a student of meditation for 23 years and has studied and taught Hatha Yoga for over ten years.

Erin Kamler ("Mantra Girl") is an IKYTA certified Kundalini Yoga instructor and a mantra recording artist.

Joan Kauffman has used art, music, guided imagery and laughter to accept and integrate Multiple Sclerosis into her life.

Martin Keck is an experienced spiritual retreat director, educator and administrator, with an MA in guidance and counseling and a PhD in school administration from U of MI. He is also a husband, father and grandfather.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Carole Kirby, ACSW, has 25 years experience as a therapist and inspirational teacher. She is a certified Imago therapist, based on the work of Dr. Harville Hendrix, and specializes in work with couples and groups.

Cindy Klement is a Certified Nutritional Consultant, Certified Iridologist and Iridology Instructor, Certified Herbalist, Reiki Master and health educator in private practice since 1983.

Greg Knollmeyer is a certified instructor of Bikram Yoga, and is a student of T'ai Chi Ch'uan and Chi Kung at Peaceful Dragon School.

Laurie Krauth, MA, is a psychotherapist specializing in cognitive-behavioral approach to anxiety, Obsessive Compulsive Disorder and depression. She also sees couples and uses Eye Movement Desensitization Reprocessing for unresolved traumas.

Geri Larkin was a management consultant before she stepped off the cliff called dharma. She is Still Point's guiding teaching and author of several bestselling books, such as *Still Point Dhammapada* and *Stumbling Toward Enlightenment*.

Lori GeeWahyieh Larson is a Certified Kaishan Golden Shield Instructor and member of Seneca Wolf Clan, with experience in massage therapy, yoga and nutrition.

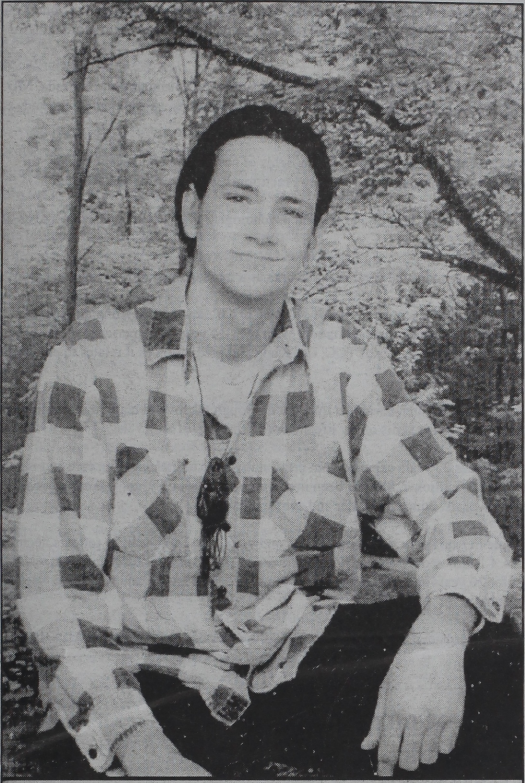
Mary Ledvina is a massage therapist, occupational therapist and writer. She has been practicing bodywork since 1998 and trained with the Ohashi Institute, Health Enrichment Center and Upledger Institute.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Richard Mann is Professor of Psychology and Religion at U of MI.

Workshop Leaders and the Centers



Joe Karr, September 29, 1973 ~ October 8, 2003

From the Crazy Wisdom Family: Our retail manager, Carol Karr, lost her son, Joe, a few months ago in a tragic work accident. He was a gentle and beautiful young man, and will be deeply missed. Our hearts and prayers remain with Carol and her family and Rachel Isaac during this immensely difficult time.

Gloria Marshall has a strong interest in Native American spirituality and shamanism, and has studied with several shamanic teachers. She is also trained in Reiki, intuition and animal communication.

Alana Martin is a Temple Academies TripleHelix Energy System teacher and Reiki Master offering energy initiations that foster spiritual and personal growth.

Debbie Mast is an 18-year apprentice to the Sweet Medicine SunDance tradition and has shared these teachings for 13 years. She is co-leader of the Flowering Tree Lodge and an instructor in the Red Lodge program.

Ruth McDonell, IHM has had extensive experience in religious studies and curriculum development, with an MA in religious studies from Loyola University in Chicago.

Anita McKay, trained with psychic John Friedlander, does teaching and healing work on a referral basis.

Molly McMullen-Laird was trained in Internal Medicine in the U.S. and in Anthroposophical Medicine in Europe.

Phil Meade began seeing astrological clients in 1987. He is a member of the Michigan Federation of Astrologers and the International Society for Neoplatonic Studies.

Lynn Meadows is a certified Feng Shui consultant. She combines her background as a business manager and teacher of fashion and interior design to offer an approach to Feng Shui that integrates western culture.

Raymond A. Merriman is a financial markets analyst and president of the International Society of Astrological Research, as well as author of several books on financial astrology.

Siddiq John and Sylvia Majida Middlebrooks have studied the Sufi path of the heart since 1983. Both are Certified Leaders of the Dances of Universal Peace. Siddiq is a teacher in the Sufi Ruhaniat esoteric school in the lineage of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel L. Lewis.

Richard Miller has 25 years experience in traditional Chinese martial arts.

Estela Monjo is an artist and spiritual director of Windrise.

Kathleen Moore has been singing, performing, teaching voice and using music therapy to help people more fully discover and express themselves for the past 15 years.

Brenda Morgan has been blessed with a spiritual transformation in which "Inner Enlightenment/No Mind Within" has occurred. She teaches regularly to share her wisdom.

Rebecca Mullen, MSW, has had a long and successful career in counseling with a particular interest in dream interpretation as a means of self-understanding. She has been influenced by Gestalt, Jungian and Buddhist psychology, and by the work of Stanislov Grof.

Mariah Pixi Nyies is educated in business and art, with interests in gardening, astrology, jewelry making, sacred geometry, holistic health and shamanism. She is a member of The Sisters of the Emerald Fire and is a Flower of Life graduate.

Sharon Oliver is a wholistic medical doctor practicing since 1994.

Helen Oprysek, IHM has her MEd from Marygrove College, Detroit. Her teaching career spanned over 40 years and is a published poet.

Margaret Orlando has ministered as a spiritual director and retreat director for over 20 years, and has an MA in pastoral ministry from Marygrove College in Detroit.

Lucinda Orwoll, PhD, is a licensed psychologist who combines transpersonal with traditional approaches in therapy, including clinical hypnosis, meditation and energy psychology.

Sifu Genie Parker is a disciple of Sifu Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for over 17 years.

Performance Network is a local, not-for-profit professional theatre offering plays year-round.

Phyllis Perry, MSW, CSW, MFA, created New Options Counseling in 1989, specializing in careers and lifestyle transitions.

Sarah Addae Pizzimenti is a poet, a mother of three small children and one of Still Point Buddhist Temple's three ordained dharma teachers.

Carol Proudfoot-Edgar has been teaching shamanism for 12 years and is faculty member for the Foundation of Shamanic Studies in California.

Jesse Richards has been teaching voice and dance for the last 20 years. She teaches at Washtenaw Community College and is a professional recording artist.

Elaine Ries is a member and ritual priestess of the Fire Heart Coven in Toledo as well as a coven in Ann Arbor. She is also an ordained Interfaith minister currently serving as Associate Minister at the Circle of Love Interfaith Church in Ann Arbor.

Michele Rivette, ACSW and **Ann Shields**, PhD, have over 20 years experience working with individuals, couples and families around the issues of infertility, pregnancy loss, adoption and transitioning to parenthood.

Anita Rubin-Meiller, MSW and **Dawn McCalla**, MSW have been working in the fields of addiction and trauma for over 20 years.

Gail Rucker is a motivational teacher and facilitator of YogaMoves. She has over 30 years experience as a movement educator, is a Phoenix Rising Yoga Therapy practitioner as well as a student of Siddha Yoga Meditation.

Merilynne Rush and Mickey Sperlich of **New Moon Midwifery** are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

Patricia Sauve is an energy healing consultant and financial consultant in Plymouth.

Darren Schmidt, DC, ND is a board-certified Naturopath with a doctorate in chiropractic using herbs, nutritional supplements, diet and energetic repatterning to help people improve their health. He has 5 years experience in private practice in Ann Arbor.

Matruka Sherman is a psychotherapist in private practice and has taught meditation for 27 years.

Si Fu Leanne C. Shultz is a black belt trained in the internal martial arts of Kung Fu and Ki Jutsu, as well as Qi Gung and Yao Shu healing arts.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth and postpartum.

Harriet Singer is a Certified Hypnotherapist in the alchemical tradition.

Helen Slomovits has worked with the Artist's Way process since 1995 and has facilitated creativity groups since 1999 and is also a musician, songwriter and poet, and apprentice of Don Alverto Taxo of Ecuador.

Amanda Smith received a MFA in Medical and Biological Illustration from U of M and is a practicing homebirth midwife with a busy birth and postpartum doula practice since 1999.

Prema Smith, RN, has been an instructor at AAIMT for nine years, with over twenty years experience in massage therapy.

Rod Smith is a self taught astrologer and co-author of a unique astrology system.

Richard Smoot has 32 years of astrological study, counseling and teaching experience. He is a Certified Astrologer Level IV, National Council for Geocosmic Research, and a professional member of other international astrological organizations. He is a registered Social Worker with the State of Michigan.

Marianne Somers has been practicing clairvoyant, multidimensional healing since 1988.

Barbara G. Stanbridge, IHM has had extensive training at the Gestalt Institute. She has a Master's Degree in Religious Studies from the University of Detroit as well as a Master's Degree in Human Resource Development from the American University in San Diego.

Ema Stefanova has taught yoga and meditation since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university, and is a Registered Yoga Alliance Teacher.

Stillpoint Zen Buddhist Temple is located in Detroit.

Judy Stone is the author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life*. She combines her background in psychotherapy, bioenergetic analysis and nutrition in her writing and clinical nutrition practice.

Monica Stuhlreyer, IHM is a certified mid-life directions consultant and spiritual director, with an MA in religious education from U of Detroit.

Margaret Szedenits is a graduate of Ann Arbor Institute of Massage Therapy, an instructor at AAIMT and maintains a private practice. She is President of the American Massage Therapy Association Michigan Chapter and is certified with the National Certification Board of Therapeutic Massage and Bodywork.

Nancy Anne Tappe, author of *Understanding Your Life Through Color*, has been working in the fields of metaphysics and parapsychology for over 35 years and has seen auras since childhood.

Andrew S. Taylor holds two BS degrees and is also an artist, actor, public speaker, writer and childcare teacher.

Erin Taylor has worked in a natural health care clinic for two years.

Thomas Taylor is Chair of the Policy Committee of Friends Committee on National Legislation.

Janene Ternes is founder of Prayer in Motion, LLC, a company teaching prayer through movement.

Teachers, Lecturers, Workshop Leaders and the Centers

Stephanie Tighe, MSW is a shamanic practitioner, esoteric healing practitioner and Reiki Master. She presents workshops on shamanism in the U.S. and Canada and is co-founder of Pathways for Peace and Healing, a midwest non-profit devoted to spiritual healing and peace.

Gail Tola is a teacher and facilitator for classes for spiritual awakening. She has studied yoga, herbology, breath work, creative visualization and sound health using drum as voice.

Richard Tucker, PhD, is a Professor of the School of Natural Resources at U of M.

Iyanla Vanzant is author of several bestselling books, including *Until Today*, *Tapping the Power Within*, *Living through the Meantime* and *Acts of Faith*. She conducts workshops on personal growth for men and women.

Waynonaha Two Worlds is an elder of the Lakota and Cherokee nations and is also a medical doctor involved in women's health care since 1960.

Jan Wright, PhD, is a Gentle Quaker Activist and former American Friends Service Committee Program Director.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice, and has worked with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Wendy Warrick is a Feng Shui Practitioner consulting on homes, offices and places of spiritual practice. Her interpretation of Feng Shui evolved after 15 years experience working with homes from her interior design background.

Michael Whitty, professor of the University of Detroit Mercy Institute for Sustainable Community, conducts life coaching workshops.

Todd Wickstrom is managing partner of Zingerman's Deli and founder of Slow Foods, Huron Valley.

Author Events at Crazy Wisdom

The Path
To Yourself
the inner search for outer meaning

Book-Signing and Book Talk
by Local Author Keith Copeland
at Crazy Wisdom on Saturday,
February 7th, 2004.
3:30-4:30 Book-Signing.
Book Talk and Workshop: 4:30.

"Designing the future of your dreams" will be the focus of Keith Copeland's session. Copeland is the owner of the Ann Arbor Quest Center, a martial arts school. Keith will read from his new book, ***The Path To Yourself*** which is designed to help the reader find their deeper, truer self. Keith will also lead the group through experiential exercises to help them gain greater insight into themselves and their future. Free. For more information, please call Crazy Wisdom at 665-2757.

Author Talk and Reception
A special book talk in the
Crazy Wisdom Tea Room
by Barbara Brodsky, guiding teacher
of the Deep Spring Center in Ann Arbor.
Saturday, February 14th, 4 PM.
Her book is entitled
Presence, Kindness and Freedom --
Aaron's Teachings on Living from an Open Heart.

Aaron is the spirit Barbara channels. She will be reading from the book, talking about the book, and also talking about her recent journey to Brazil, where she lived for three weeks in a community founded by a Brazilian healer and shaman.
She will also take questions from the audience.
Hors d'oeuvres and sweets will be served.
Free. Everyone welcome.
For more information, call Crazy Wisdom at 665-2757

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 23 years experience in the healing arts and 16 years teaching at massage schools in Washington D.C. and Ann Arbor. Reiki has been the focus of her work for the past ten years. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Sue Wilhelm trained for spiritual guidance from Shalem Institute of Spirituality in Bethesda, MD. She has co-authored *Woven from the Threads of Abuse* and offers retreats, spiritual guidance and workshops.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher.

Lisa Wolf, MA, LLP, is Pathwork Helper and clinical psychologist. She is also a musician and a mother.

Ruby Woods is a poet, artist and ritual creator, and works as a massage therapist in Ferndale.

Wasentha Young is a master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 34 years of experience in her field, she lectures and educates on the benefits of TCC, Chi Kung and meditation as it relates to emotional, spiritual and physical wellbeing.

Kay Yourist has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

Karlta Zarley, RN, BS, has 22 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 5 years in Ann Arbor as a professional Patient Advocate, educator, healer and spiritual director.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and Geri Larkin and Nathaniel Needle, ordained Dharma teachers.

Lauren Zinn, PhD, is an ordained Interfaith Minister and founder of Jewbilation and All Faiths Hebrew Literacy Program.

The Wisdom of our Elders ~

Professor Max Heirich Reflects on his Life Journey

(continued from page 8)

When I had experiences like this when I was younger, I sometimes worried that I might be crazy. That no longer concerns me. The more interesting question is not "are they real?" Rather it is "how is this relevant to my on-going life journey?" "What do I have to learn from this, or to do?" I have also learned not to get a swelled head when something exotic occurs. Many people, I have learned, also have deeply mystical experiences, of all kinds. And many of the people I respect most deeply, do not. Why some of us are so open to them, and others are not, I do not understand. I am grateful that they happen to me, and grateful for the special strengths and qualities that others have whose life experience is quite different from this.

Finally, I want to say something about rhythms of spiritual experience. When I was younger I used to worry because sometimes my awareness of the spiritual was so vivid, and then there would be months, or even years, when I was hardly in touch with it. This did not seem to be a matter of the presence or absence of what is called "spiritual practice". Vivid spiritual experience could occur "out of the blue", and disciplined practice could sometimes produce no recognizable result. At times I would question the vivid experiences, wondering if they were a sign of mental instability. At other times I would feel despair in being so out of touch, feeling as though I had flunked some spiritual test and had been given up as hopeless. But at the times when I felt least in touch with the spiritual, I would sometimes feel almost as if there was a chuckle, and a gentle toe nudging me as I lay despondent, saying, "Look again! There's more to the spiritual than you know."

It took me years to realize that there are rhythms to spiritual encounter and growth, and that I seem to need to periods of the non-ecstatic in order to do the spiritual work of my life. It is wonderful to experience those days when one seems to be in prayer all day—not in the sense of being busy talking to God, but in the sense of being fully in the presence of that which is divine and beyond oneself. But it seems to be equally important to have times when one feels out of the light. It is often at those times, I have found, that the most important inner growing is occurring. The spiritual is about much more than ecstatic encounter. One has to be open to it all, and learn to be patient.

My life seems to go in roughly seven year cycles, each with a changing focus for attention, and each preparing me in some unanticipated way, for what lies ahead. You may or may not experience your life in a similar way. What is important, I think, is to be as fully authentic in the depth of oneself as we can, and to be open to the light and truth that comes to us, in whatever form that proves to be. And to learn to be patient with ourselves, to forgive our faults, our mistakes, and those of others, not getting caught in these but instead learning from them.

When I was little, looking at the adults around me, I promised myself that I would never grow up. Perhaps I never did. Little children, after all, seem to have a special ability to encounter the "non-ordinary". It has been much more fun this way. Perhaps that is what Jesus meant when he said, "Unless you become like a little child, you cannot enter the kingdom of God

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Poetry Page

Body
by Michelle Wright

How delicate the silken strands you spin,
woven precisely in their symmetry, a tapestry
construct wherein you make your home, resourceful
spider. Lips part slightly in smile, my earthen
brown gaze ponders upon your agile weaver's dance.
In native tribal tales, Grandmother Spider spins
the loom of fate: Creatrix, Preserver, Unmaker.
She who bestowed the written word to her people.
Glancing down at the pen within my hand, my poet's
soul weaves also, spinning ink like silk. At times
it's simple as drawing breath into one's lungs...
at other times I cough and stutter, thoughts
entangled in neurotic, sitcky cross strands.

Casting a second glance at the eight-legged acrobat
treading a graceful dance in the eastern corner of
my sixth-floor studio, memory springs forth to a
dream of night's past, in the arms of my beloved,
evenings of laughter, passion and compassion entwined
at his apartment in Ann Arbor, an old-school slumber
party, purest sweetness and delight as we partook of
Dionysian favors and revelries, I felt I could smile
forever, gaze eternally into eyes the hue of herbal
tea, listen without end to dark resonant melodies of
his musician's voice...Mercy...as we lay together and
consciousness faded, there came bidden to my psyche
an image of a not so itsy-bitsy arachnid architect,
present beneath the bed we shared, 'til in my ear
was whispered a phrase, gentle as the soft breeze of
midsummer. "Have patience, impetuous Tigerlily,
remember the cycle of balance in nature. The gifts
of my thread surpass and measure time. Rebirth is a
tenuous road, but yours is strength enough to walk it."

Dashing forth in excess haste one runs the risk of
falling ensnared on cross-strand webbing meant for
insects and prey. Such is not my porpose. Drawing a
breath, I pace myself upon a mental tightrope, touch
pen to paper, and weave dreams and passions into
written word.

Beautiful Hands
by Hafiz, 14th century Persian poet and mystic, from The Subject Tonight is Love: 60 Wild and Sweet Poems of Hafiz, compiled by Daniel Ladinsky, Penguin Compass, 2003.

This is the kind of Friend
You are-
Without making me realize
My soul's anguished history,
You slip into my house at night,
And while I'm sleeping,
You silently carry off
All my suffering and sordid past
In Your beautiful hands.

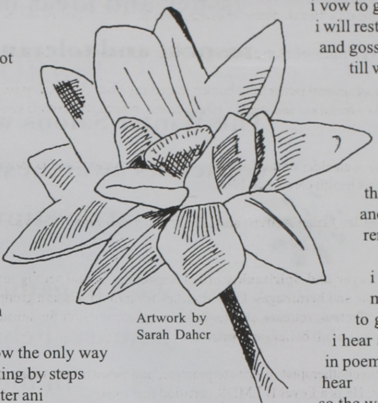
From Book of Haikus
by Jack Kerouac,
edited by Regina Weinreich, Penguin, 2003.

The bottoms of my shoes
Are clean
From walking in the rain

The carpenter of spring
The zen
Of hammer and nail

The other man, just as
Lonesome as I am
In this empty universe

Bodhisattva Baby Steps
by Louis Daher


Artwork by
Sarah Daher

in my secret
dreams
i save those not
yet saved
i deliver those
not yet
delivered
i console
those not
yet
consoled
but after
ten years
of practice
i haven't even
come close
and now i know the only way
i will is by taking by steps
like my daughter ani
trying to reach her
mother across
the room

i vow to practice and study
till the holes in my perforated mind
are so slight the essence of the teachings
settles in
i will master the 64 steps to Freedom
like my daughter learns her ABC's till
even the memory of learning fades
for my first step
i will start by cradling the dharma close to my
heart
and when i forget i will remember regret

i vow to let peace on earth begin in me
to hold my anger deep in my veins
to let that icy storm scorch and burn
inside the open caverns of my heart
i will start by not striking my family
and when i forget i will remember regret

i vow to love
like my daughter
loves her mother radiant
in every ounce of flesh
i will start by loving myself
and when i forget i will remember regret

i vow to practice compassion
i will learn from my sleepless wife
late at night when ani cries sarah
cares for her through the long night
i ignore them both
i will start by being kind to you like my mother
was kind to me
and when i forget i will remember regret

i vow to give you my body
like sarah gave ani hers
to help birth in you the dharma
i will do this by nurturing in my breath
the living dharma so that the life i live
the life i give will vibrate in your spine
i will start by cleaning my room
and when i forget i will remember regret

i vow to give you my speech
i will rest in silence hold lies
and gossip inside my skull
till wisdom softens my
tongue
and i learn to turn
a gentle eye
i will start by
saying only kind
things to my wife
and when i forget i will
remember regret

i vow to give you my
mind
to gather all the sounds
i hear and plant the best ones
in poems for our children to
hear
so the words may grow into
lucid dreams
which will carry them to the other
shore
i will start by writing only true things
and when i forget i will remember regret

i vow to leave this world like ani
cradled in her mother's arms
she entered without a cry
may i be cradled in Avalokitesvara's
loving arms may i leave with an open heart
and like ani's first breath may my last
breath be gentle and still
i will start by greeting others like my
daughter greets her mother
and when i forget i will remember regret

i vow to not leave until you too have been
cradled
in my thousand arms as you go beyond
i will wait until the last and least of us
is ready to leave i will reach
with my thousand arms
and hold them close
like sarah holds
ani as she wakes
from a long nap
i will start by dedicating my merit to your
freedom
and when i forget i will remember regret

you will teach me our secret dreams
like children teach their mothers
i will learn from you
will dream by your side
until we are all lucid
we save those not yet saved
we will deliver those not yet delivered
we will console those not yet consoled
and when we forget we will remember
regret

West Wind #2
by Mary Oliver, from Ten Poems to Open Your Heart, compiled by Roger Housden, Harmony Books, 2003.

You are young. So you know everything. You leap into the boat and begin rowing. But listen to me. Without fanfare, without embarrassment, without any doubt, I talk directly to your soul. Listen to me. Lift the oars from the water, let your arms rest, and your heart, and heart's little intelligence, and listen to me. There is life without love. It is not worth a bent penny, or a scuffed shoe. It is not worth the body of a dead dog nine days unburied. When you hear, a mile away and still out of sight, the churn of the water as it begins to swirl and roil, fretting around the sharp rocks — when you hear that unmistakable pounding — when you feel the mist on your mouth and sense ahead the embattlement, the long falls plunging and steaming — then row, row for your life toward it.

CRAZY WISDOM BOOKSTORE SALON - WINTER 2004

Join us as we continue our community Salon,
an opportunity to gather on cold winter nights to explore
issues and ideas of common concern, in an atmosphere of
respect and tolerance for diverse opinions and perspectives.

The Winter Salons will explore how we can bring our growing
conscious awareness into physical and political manifestation
at this time of opportunity and challenge.

We will gather on the third Thursday evening of
January, February, March, and April at 7:30 PM
in the Crazy Wisdom Tea Room
114 S. Main Street, Ann Arbor
as our guest speakers share their experiences
and invite lively conversation.

Facilitated by Lucinda R. Kurtz, M.A., Hands of Light Energy Healer
For more information contact Lucinda at 655-9160 or lucindakurtz@comcast.net

CONSCIOUS EATING • *Thursday, January 15*

Oran Hesterman, PhD, Agronomist, Program Director, Food and Society,
W.K. Kellogg Foundation
Judy Stone, Psychotherapist, Nutritionist, and Author
Todd Wickstrom, Managing Partner, Zingerman's Deli, Founder, Slow Foods, Huron Valley

ELEVATING THE AMERICAN POLITICAL CONVERSATION
Thursday, February 19

Phillis Engelbert, Coordinator, Ann Arbor Area Committee for Peace
Richard Gull, PhD, Professor of Philosophy, U of Michigan, Flint
Thomas Taylor, Chair, Policy Committee, Friends Committee on Natl. Legislation

SPIRITUAL POLITICS • *Thursday, March 18*

Rev. Charles Booker-Hirsch, Pastor, Northside Presbyterian Church
Richard Tucker, PhD, Professor, School of Natural Resources, U of Michigan
Jan Wright, PhD, Gentle Quaker Activist, Former American Friends
Service Committee Program Director

OUR CONNECTION TO THE EARTH • *Thursday, April 15*

Jim Crowfoot, PhD, Emeritus Professor, U of Michigan
Ann Elder and Paul Bantle, Main Farmers, Community Farm of Ann Arbor
Helen Slomovits, Apprentice of Don Alverto Taxo of Ecuador